Eat Better & Move More

A Guidebook for Community Programs

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Eat Better & Move More

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Introduction

OLDER AMERICANS WANT HEALTH INFORMATION

Older Americans, more than any other age group, want health information and are willing to make changes to maintain their health and independence. Yet, they often need a little extra help in improving self-care behaviors. Surveys show that older adults want to know how to eat healthier, exercise safely, stay motivated, and develop a physical activity plan. This *Eat Better & Move More Guidebook* provides just such information.

THE *GUIDEBOOK* IS PART OF THE *YOU CAN! STEPS TO HEALTHIER AGING* CAMPAIGN

The *Guidebook* is part of the *You Can! Steps to Healthier Aging* Campaign. Through a grassroots movement, *You Can!* Campaign partners encourage older Americans to *Eat Better & Move More,* simple steps that older adults can take for better health. The goal of the campaign is to increase the number of older people who stay active and healthy.

Key campaign messages for older adults are: You can do it! For most older people, better nutrition and increased physical activity are well within reach. You only need to follow a few simple steps each day.

Medical evidence shows that most older people who get a moderate amount of regular physical activity and eat right tend to be healthier and feel better.

The information in the *Guidebook* will help community organizations reach these goals, convey these messages, and implement a simple *Eat Better & Move More* nutrition and walking program.

For more information about the *You Can!* Campaign visit **www.aoa.gov/youcan**.

WHERE TO USE THE *GUIDEBOOK*

The *Eat Better & Move More Guidebook* can be most easily used in community settings where older adults already congregate. These settings include Older Americans Act Nutrition Programs and other programs for older persons in faith-based organizations, hospital wellness centers, work sites, and fitness facilities.

WHO SHOULD USE THE *GUIDEBOOK*

Armed with this ready-to-use *Guidebook*, staff in community organizations will be poised to encourage older Americans to *Eat Better & Move More.* This simple nutrition and walking program should be led by a nutritionist, dietitian, physical therapist, or other health or certified fitness professional. Other staff and volunteers can help make the program fun and interactive. For best results, staff should recruit older Americans to participate in this program who are interested and ready to make nutrition and physical activity lifestyle changes with some help.

GOALS AND OBJECTIVES FOR PROGRAM PARTICIPANTS

Eat Better & Move More is designed to fit the interests and needs of older adults who want to maintain their quality of life and independence and live longer and better lives. By the end of the program, participants should be regularly meeting the nutrition goals of increasing their daily servings of fruits and vegetables, fiber, and calcium by one or more servings. They should be eating sensible food portions for a healthy weight. They should also have made progress toward or achieved the goal of accumulating 30 minutes or more of physical activity on most, if not all, days of the week.

WHAT THE *GUIDEBOOK* CONTAINS

The *Guidebook* is designed to be easy to use, inexpensive to implement, tailored to the needs of older adults, and geared toward changing behaviors. Using the *Guidebook*, program leaders will engage participants to set goals, overcome barriers, get the right information, put plans into action, and record progress. The *Guidebook* describes how to set up a nutrition and walking program in community settings; recruit and keep participants motivated; and measure results. This *Guidebook* has plans for 12 weekly sessions, with "mini-talks", activities, resources, and "take home" assignments. Healthier food choices are encouraged by easy food check-offs. Participants are encouraged to walk more by using simple step counters to keep track of the number of steps walked during the day.

BACKGROUND

In June 2002, President George W. Bush launched the *HealthierUS* Initiative to encourage Americans to live longer, better lives by taking steps to be physically active, to eat nutritious diets, to get preventive screenings, and to make healthy choices. The U.S. Department of Health and Human Services unveiled the Steps to a *HealthierUS* Initiative in support of the President's Initiative in 2003.

The *You Can! Steps to Healthier Aging* Campaign is designed to contribute to these two initiatives. The *You Can!* outreach campaign can help older Americans have healthier lifestyle choices by improving their nutrition and increasing their physical activity. It is sponsored by the U.S. Administration on Aging (AoA). Community and other organizations are invited to become *You Can!* partners as a way to use the power of collective action to encourage and inspire older Americans to *Eat Better & Move More.* To find out more about the *You Can!* Campaign and to sign up to become a You Can! partner, visit **www.aoa.gov/youcan.**

As part of the Presidential Initiative, the National Resource Center on Nutrition, Physical Activity & Aging at Florida International University, Miami, developed the *Eat Better & Move More Guidebook* as part of a cooperative agreement with AoA. The Center selected walking for the *Move More* activity because older adults said it was simple and easy, and they could do it. The Center tested the feasibility of inactive older adults wearing step counters to monitor progress in walking programs in Older Americans Act Nutrition Programs in Florida and Iowa. There were about 115 older adults in the pilot studies.

The inactive older adults had multiple impairments and varying functional abilities. In one group, 15% used canes or walkers. Overall 75% were overweight or obese. Many had arthritis, heart disease and diabetes. Most were in their 70s, but some were in their 80s and 90s. Overall, in Florida and in Iowa, daily steps ranged from 100 to about 10,000 a day at baseline and from 430 to 13,000 at program completion. Average daily steps increased by 50% or more. Eighty percent successfully wore step counters and kept regular logs.

Due to differences in steps walked at baseline, individual goals were calculated for each participant. The baseline steps walked in these studies were lower than the 3,500 to 8,500 daily steps reported in other older populations. Because only seven individuals achieved 10,000 or more steps daily, it is likely that this general recommendation is not appropriate for many older adults. The daily step goal needs to be individualized. Although labor-intensive, the pilots showed that community walking programs for impaired older adults can be successful.

In another study, the less active group that participated in a program following the *Guidebook* increased daily steps even more and expressed interest in improving food choices. A comparison group that only wore step counters also increased their steps but not as much. Based on what was learned during these projects, the *Guidebook* has been revised for national distribution.

In tune with the needs and tastes of local communities, Older Americans Act Nutrition Programs offer older adults the opportunity to eat a healthy meal, socialize, and learn in a supportive and friendly environment. They are ideal settings for using the *Guidebook*. Many Older Americans Act Nutrition Programs offer health screenings, nutrition education, and other health promotion and wellness programs.

Florida International University is pleased to make this *Guidebook* available for use in a range of community settings as part of the *You Can! Steps to Healthier Aging* Campaign.

RATIONALE

Even small changes in diet and physical activity make a difference at any age. The benefits of good nutrition and physical activity are well known. Our most costly illnesses, both financially and in terms of quality of life, are strongly influenced by diet and activity. That is why the *Dietary Guidelines for Americans 2000* emphasize fitness, healthy weight, and good nutrition.

More than one third of men and more than half of women over age 75 do not meet minimal physical activity recommendations for health promotion and maintenance. With even moderate activity, strength, balance, flexibility, and endurance can improve at any age.

Recommendations for physical activity published as part of *Physical Activity and Health: A Report of the Surgeon General* and the *Healthy People 2010* objectives encourage at least 30 minutes of moderate physical activity most days of the week, preferably daily. Moderate physical activity causes light to moderate sweating and may make your breathing a little harder. This includes activities like brisk walking or carrying a light load. Staying strong and flexible can reduce the risk of falling and breaking bones, preserve muscle, and improve the ability to live independently.

More than 60% of adults are obese or overweight. This American epidemic has serious health consequences in that our most serious chronic diseases (heart disease, some cancers, stroke, lung diseases, and diabetes) are related to obesity. One in three struggles to keep weight on. One in 10 Americans suffers from osteoporosis, another costly disease in terms of personal pain, disability, and expense.

Diets of many older adults lack key nutrients. Some older adults are not getting enough calories and others are getting too many. Many don't know about sensible portion sizes. Less than a third of older adults meet the recommendation to eat five or more fruits and vegetables a day. Only 4% of women and 13% of men over 60 reach the daily recommendation for calcium. Fiber intake is half or less the recommended 25 grams. ■

Setting Up Your Program

INTRODUCTION

All of the information you will need to set up the *Eat Better & Move More* Program is contained in this *Guidebook*. It includes instructions for conducting a 12-session nutrition and walking program. Each session includes:

- Learning objectives and goals for participants;
- Guidelines for preparation and start up including time required;
- Mini-talks about how to *Eat Better & Move More*;
- A step-by-step activity list; and
- Tips & Tasks handouts to give to participants.

OVERVIEW

The program design calls for 12 weekly sessions, with walking sessions geared to the needs and abilities of participants. At each session, a program facilitator introduces a new topic and also reviews the previous session. Each session is a half-hour or less and can be done before or after a meal, if provided. Two or more walking sessions are offered each week. Participants learn to use a step counter and are motivated by recording their daily steps. A Tips & Tasks sheet has check-offs for participant to track their nutrition progress. Participants complete nutrition/health and physical activity questionnaires during the first and final sessions to measure changes.

1. Familiarize yourself with the *Guidebook*.

This will help you customize the program for your participants. For example, you may want to consider additional foods commonly grown in your vicinity. You may want to adapt some of the recommended food choices to different racial and ethnic groups. You may want to compress or expand the schedule. The list of Weekly Resources (See Appendix 6) will give you ideas for additional activities. They can also be used to expand popular topics and to keep your program ongoing.

2. Determine program staffing needs.

The program requires a facilitator or leader to guide each session and its activities. Nutritionists, registered dietitians, physical therapists, exercise physiologists, and other health or certified fitness professionals are best qualified to lead the program. Staff and volunteers can also help. Two to four staff and volunteers are needed to start a group of 15 to 25 people on the *Steps to Healthier Aging* path. Larger groups are more labor-intensive, and may not be as successful especially if participants have multiple needs.

3. Identify and recruit partners and volunteers.

Partner with community groups and health professionals. Augment your staff with volunteers.

College and university partnerships have a number of benefits. Students and faculty are often looking for classroom or research projects and "service learning" activities. Departments that may be interested are nutrition, nursing, physical and occupational therapy, social work, rehabilitation, exercise physiology, recreation, gerontology, and geriatrics. They may provide volunteer help at the weekly meetings. They may also be interested in applied research and measuring program outcomes. They may be aware of grant opportunities that could be mutually beneficial. Sample evaluation forms are in Appendix 3.

Community volunteers can play important roles and carry out many important tasks. They can help prepare for and conduct activities. With guidance, volunteers should be able to:

- Recruit participants;
- Distribute questionnaires and help participants complete them;
- Tally questionnaire results;
- Help participants learn to log results and follow-up to see how they are doing;
- Assist with organizing and implementing demonstrations (foods, stretching exercise);
- Offer encouragement, act as a buddy or mentor for participants, and identify participants who are facing challenges and help discover ways to overcome them.

Participants themselves can help with some tasks. For example, as participants learn to use step counters and Tips & Tasks sheets, they may help you help others.

Tip for recruiting community volunteers: Consider recruiting those who are nutrition conscious and physically active and those who successfully completed the *Eat Better & Move More* program.

4. Determine program costs.

Items in your budget include step counters, staff time, foods for specific activities, and duplication of weekly materials. Determine how you will meet these costs. You may choose to raise funds to give step counters for free. Experience suggests this may not be the best idea. Giving them free can reduce interest. If participants pay for their step counters, even at a subsidized cost, they are more committed. One motivational tool might be to have participants buy them, but have a rebate when they finish the program.

5. Identify places where people can safely walk indoors and outside.

One possibility is to establish an indoor walking route around a dining center or in hallways. Rearrange furniture to clear indoor walking spaces. Explore nearby malls, schools, fitness facilities, parks, and other open areas. Take a trial walk with some older adults to gauge reactions and feasibility in various weather conditions. Consider how to arrange for transportation, if needed.

6. Determine how you will show individual progress and program outcomes.

We recommend that staff assess whether individual participants have made:

- One or more desired changes in daily food choices based on check-offs; and
- Measurable progress toward or reached the goal of 30 minutes or more of moderate physical activity on most days. The increase in steps walked daily is another outcome measure of progress.

Tips & Tasks sheets help track weekly progress. Encourage participants to share their Tips & Tasks sheets showing changes in food choices and steps walked daily. Additional measures of participant success include changes from the beginning to the end of the program on the nutrition/health and physical activity questionnaires (Appendix 1).

7. Identify motivational strategies.

Challenges are to keep participants coming to weekly sessions and reporting daily food choices and steps. Give participants the weekly Tips & Tasks sheets that are full of helpful reminders and places to record daily progress. Remembering to come to the weekly sessions can be a barrier to success. Frequent reminders and even phone calls may be important. Encouragement from the facilitator and volunteers is very important. You will discover what works for your participants. You may want to ask participants what helps motivate them to keep coming back and reporting their achievements—then incorporate their ideas. Strategies include positive reinforcement, virtual distance goals, and the buddy system. Some groups set a virtual distance goal to get to a destination, such as a state capitol or tourist attraction. Having a buddy to help meet the activity and nutrition tasks can be helpful as well. Giveaways and prizes of foods, gift certificates, food coupons, water bottles, or fitness items may motivate some.

8. Recruit participants.

Make use of existing forms of communication—bulletin boards, newsletters, and announcements during meals, if offered, to recruit people for the program. Older Americans are interested in nutrition and in being more active, but may need encouragement. Since older people put a great deal of faith in doctors, letting local physicians know about the program may be helpful. Doctors can encourage patients to participate and even promote the program. Personal invitations from staff and friends can be a successful recruitment strategy. Improved nutrition and activity can prevent or lessen many chronic conditions. Yet, those same conditions can also keep people from participating. Make sure people know they can start the program from any health or fitness level. Improvements will come safely and gradually. Have potential participants complete the Consent Form, Physician Approval Form and Screening Form (See Appendix 3) as required by your Program. The recruitment flyer on page 11 can be photocopied.

9. For more information:

Visit www.aoa.gov.

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Some materials are available in Spanish.

10. Group participants.

Group potential participants according to physical activity level and personal interests. Bringing people together with common interests may be helpful. A program for people with diabetes or arthritis, for example, may make it possible to address common problems. Nutrition discussions can focus on their special areas of concern. Likewise, people can be grouped by walking pace, fitness level, or where they live.

11. Prepare for educational sessions.

At least two days prior to each session, set aside time to prepare. This investment of time helps because equipment, food, or specific information is often required. Suggested steps are:

- Review the *Guidebook* for the session;
- Identify how much preparation time is required;
- Consult the preparation note for the session;
- Identify tasks that can be done by volunteers;
- Note equipment, food, or other information that will be needed;
- Arrange for purchase or donation of food, equipment, and information collection;
- Arrange for duplication of materials.

On the day of the session:

- Arrange for room set up;
- Identify contingency plans for walking if weather is inclement;
- Assure that staff and volunteers understand their roles in the session;
- Arrange food demonstration and/or other equipment;
- Review or rehearse the mini-talk.

12. Have Fun

Make sessions fun and memorable experiences for yourself, staff, volunteers, and participants. With this planning completed, you are ready to start the *Eat Better & Move More Program*. ■

week >1

Eat Better & Move More

Orientation & Enrollment

After this session, older adults will:

Recognize the importance of *Steps to Healthier Aging: Eat Better.*

Preparation

- Recruit participants following the suggestions in Setting up Your Program.
- Copy the Consent Letter, Physician Approval Form, and Screening Questionnaire for each participant if required by your Program (See Appendix 1).
- Copy the Nutrition/Health Questionnaire for each participant if you are interested in outcome data for your Program (See Appendix 1).
- See the List of Online Resources for Week 1 (See Appendix 6).

Start Up

Introduction: An icebreaker may be necessary. If so, have participants introduce themselves and say why they decided to come to the *Eat Better & Move More* Program.

Discuss goals or concerns that people brought up in their introductions.

Review the weekly schedule and where information about the program will be posted.

Eat Better Mini-Talk

EAT BETTER FOR HEALTH

Nutrition is a complex topic, but we don't have to be scientists to improve our diets.

Eat Better shows us simple ways to improve how we eat. Small changes can make big differences…we don't need to completely change everything.

Along with being more active, when we *Eat Better* we improve our quality of life and decrease our risk or the effects of heart disease, diabetes, obesity, and osteoporosis.

Over the next weeks, we will learn more about the importance of fruits and vegetables, calcium, fiber, and portion sizes. These are particularly important for our health, as we get older.

It is not easy to make changes in diets and activity levels. Some people are more ready than others to make those changes. Your attendance here says you are interested in taking some *Steps to Healthier Aging!*

Activities

1. Review the Consent Letter, Physicians Approval Form, and Screening Questionnaire. Have each participant sign them as appropriate for your Program.
2. Distribute the brief Nutrition/Health Questionnaire and help participants answer all questions. Collect questionnaires being certain that each one includes the date and identifying data, such as a name or ID number for confidentiality. Some participants may want to complete the questionnaire(s) in a room that affords privacy. Please protect the confidentiality of participant information.
3. Remind people of next week's meeting time and place where we will focus on moving more.

week >1

Orientation to Step Counters

After this session, older adults will:

Recognize the importance of *Steps to Healthier Aging: Move More.* They will know how to use a step counter.

Preparation

- Copy the Physical Activity Questionnaire for each participant if you are interested in outcome data for your Program (See Appendix 3).
- Have step counters with safety leashes ready for each participant. Plan for extra help to show people how to reset and use the step counters.
- Copy Week 2 Tips & Tasks for each participant.

Start Up

- Discuss goals or concerns that people may have about the program.
- Review the weekly schedule and where information about the program will be posted.

Move More Mini-Talk

MOVE MORE FOR HEALTH

This program focuses on walking because it can be done almost anywhere. Some benefits of walking are:

- Helps build and maintain healthy bones, muscles, and joints;
- Improves balance and muscle strength, which can help prevent falls;
- Helps weight management;
- Lowers risk factors for colon cancer and diabetes;
- Makes hearts stronger and helps control blood pressure;
- Promotes psychological well-being and self-esteem;
- Reduces feelings of depression and anxiety.

The goal is to do a little more—not to run a marathon. Each week we will set a personal step goal. Success means to *Move More* than we do now.

Some of us fear being active. We worry about falls, arthritis pain, or faster heart beats. But, **not being active** is more dangerous. A moderate and gradual walking program is safe for most of us.

We will use step counters—an easy and fun way to track our progress.

Activities

1. Distribute the Physical Activity Questionnaire and help participants answer all questions. Collect questionnaires being certain that each one includes identifying data, such as a name or identification number and a date.
2. Encourage participants to get a release from their physician if necessary (see Week 1).
3. Distribute step counters. Review Week 2 Tips & Tasks sheet on wearing one.
4. Explain how to record steps on the Tips & Tasks sheet each day.

week >2 | Orientation to Step Counters | Tips & Tasks

Walking is a safe effective way to increase your activity.

Keeping track of steps with a step counter can help increase your activity safely.

Wear the step counter every day. Put it on in the morning when you get up. Take it off at the end of the day.

Where should I wear my step counter?
It works best on your waist directly above your knee or directly below your armpit. Attach the safety leash to a belt loop or buttonhole or use a safety pin to secure the counter. Clip the counter on a belt or waistband. Make sure it is close and flat to your body. Wear the counter on the same side every day to ensure consistent measures.

Where do I wear my step counter if I have no waistband?
Try attaching it to your undergarment, but make sure it is close and flat on your body.

Will my step counter work properly in my pocket?
No.

Can the step counter get wet?
No. It is not waterproof.

When should I take off the step counter?
Take it off when bathing, swimming, and sleeping.

I don't think my step counter is working right. What should I do?
Be sure it is upright and you are wearing it as recommended. It must be vertical and closed for accurate counts. If it is still not working, ask your program facilitator for help.

What if the display is blank, black or showing irregular characters?
If it is blank, the battery should be replaced. Otherwise the LCD (liquid crystal display) is probably broken because it was dropped or directly hit. If so, you need a new step counter.

I hear something moving inside my step counter. Is that normal?
Yes. That's the lever arm, which moves up and down as you move.

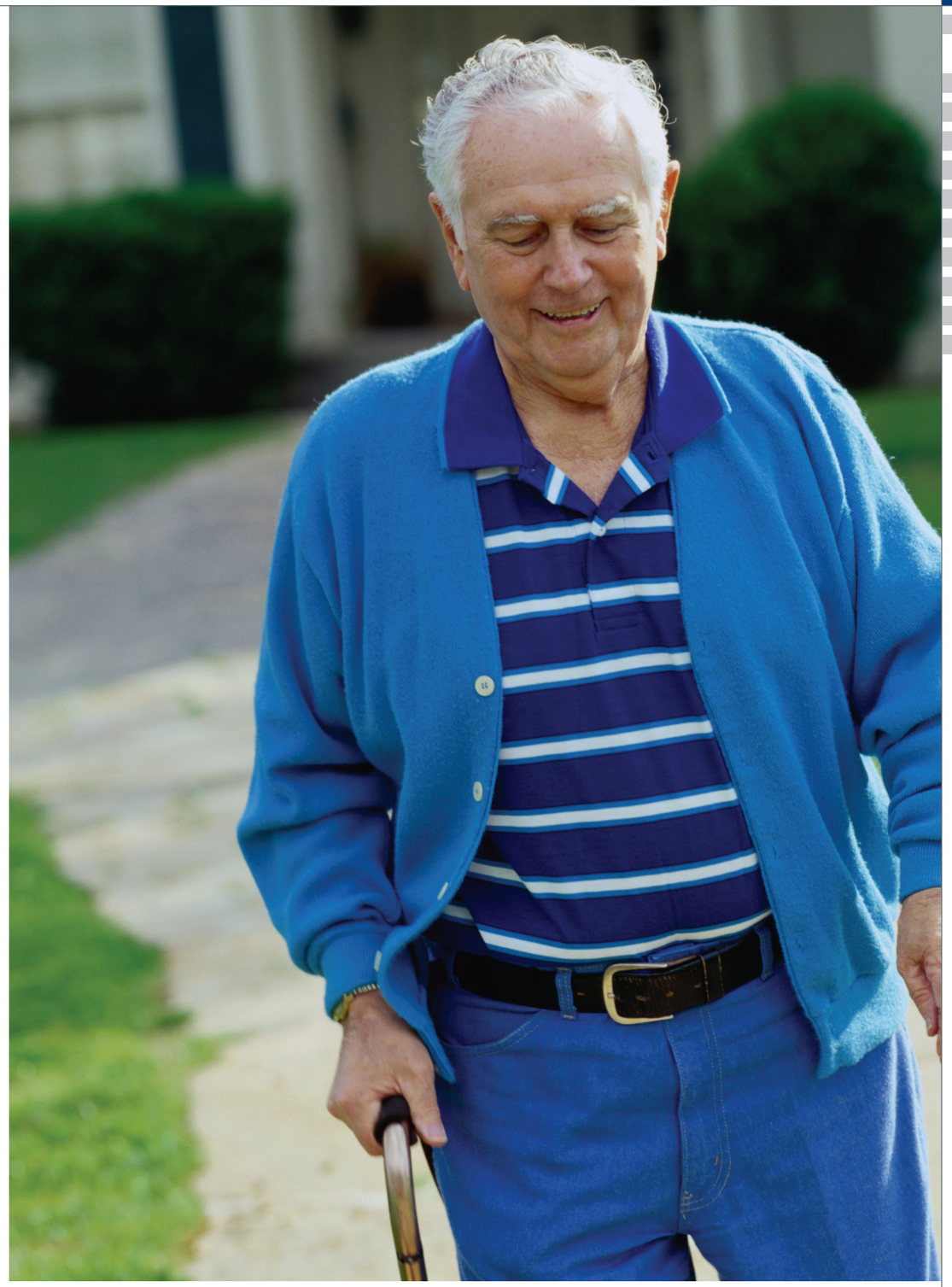
This first week, do what you usually do. Remember to write down the number of steps you take each day. These are your **"baseline"** numbers.

Check the box for **"all day"** if you wore your counter the entire day

At the start of each day, press the yellow reset button to set the counter to zero.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

week >2	Name/ID# _____						
	Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day



week >3

Eat Better & Move More

Eat Better 5-a-Day, Fruits & Vegetables

After this session, older adults will:

Understand the importance of eating fruits and vegetables. They will try to eat one more serving than usual each day until the goal is reached.

Preparation

- Copy Week 3 Tips & Tasks sheet for each participant.
- To show what 5-a-Day looks like, bring a plate with medium pieces of fruit, half cups of chopped, cooked, canned vegetables or fruits, 1 cup servings of raw leafy vegetables, 6 oz. of juices—in any combination.
- See the List of Weekly Resources for Week 3 (See Appendix 6).

Start Up

- Discuss group results of the Week 1 Nutrition Questionnaires.
- What food groups are frequently missing from the participants' diets?
- Where can improvements be made? Ask what they think the biggest barriers to *Eat Better* are for them.
- Highlight responses that may relate to upcoming topics of fruits and vegetables, calcium, fiber, and portion size.

Eat Better Mini-Talk

5-A-DAY, FRUITS & VEGETABLES

The 5-a-Day initiative encourages us to try to eat 5 or more servings of fruits and vegetables every day. Eating plenty of fruits and vegetables of different kinds, as part of a healthful eating pattern, may help protect you against many diseases. Most older adults do not eat enough fruits and vegetables.

Five or more sounds like a lot, but 1 serving can be a medium piece of fruit, a few pieces of dried fruit, a half cup chopped, cooked, or raw vegetables or fruits, or a 6 ounce glass of citrus juice. They can be fresh, frozen, canned, or dried. Try steaming, baking, or microwaving vegetables instead of frying.

If anyone told us to "Eat your veggies" they were doing us a favor! Now we know why!

Activities

1. Show your 5-a-Day plated collection. Ask someone what it looks like to him or her. A lot or not very much? Discuss problems people might have in getting fruits and vegetables: cost, access to fresh produce, waste, difficulties cooking, etc. Have the group come up with possible solutions from their own experience.
2. Discuss ways to eat enough fruits and vegetables every day—on breakfast cereals, for snacks and desserts, as part of meals, etc.
3. Review the Week's Tips & Tasks for Eating Better. Show how to check-off the fruits and vegetables they eat.

Move More Set a New Step Goal

After this session, older adults will:

Solve any problems with wearing step counters or writing down daily steps.

Preparation

- Copy Week 3 Tips & Tasks sheet for each participant.
- Bring pencils and calculators for setting new step goals.
- Obtain additional help if possible for calculating a new step goal for each participant.
- See the List of Weekly Resources for Week 3 (See Appendix 6).

START UP

- Collect "baseline" step counts from Week 2. Ask if anyone had problems with reading or resetting the step counter. Provide a demonstration if needed.

Move More Mini-Talk

SET A NEW STEP GOAL

Remember, the goal is to *Move More*, not run a race. We start our steps program with our individual average daily steps from last week. Then we add 10% to our average or set another goal. That will be next week's goal. If you don't meet your goal next week, that is OK. Just keep trying to meet your goal each week until you do. Then you can increase it the next week.

Everyone's stride varies in length. For an average stride, a mile is 2,000 steps. Each of us may be surprised how far we go in a day. The average walking speed of older adults is 2–3.5 miles per hour. So, some may be able to walk 3,000–4,000 steps in 30 minutes. This is the amount of activity recommended most days for better health. Others may only be walking 1,000 or fewer steps a day before the program. That's OK to start.

Activities

1. Have staff calculate a new daily step goal for each participant or teach her or him how to do it (see description below).
2. One way to set a new daily step goal is to base it on the average daily steps from the previous week.
   a. First, determine the average daily steps from last week using numbers when "all day" was checked. Add up the total number of steps for the week and divide by the number of days that steps were recorded all day. This will give the average daily steps. **For example, 3,250 + 3,450 + 3,823 + 3,520 + 2,425 + 1,595 + 3,900 = 21,963; then divide by 7 = 3,138.**
   b. Next, multiply the average daily steps by 10% or some other percentage or amount selected by the participant. Add that amount to the average daily steps. This will be the new step goal for next week. **For example, 3,138 average steps a day x 10% = 314 + 3,138 = 3,452** for the new step goal.
   c. Write each person's new daily step goal in the space provided on the Week 3 Tips & Tasks sheet.

week >3 | Eat Better & Move More | Tips & Tasks

At least five servings of fruits and vegetables is the goal for a healthy diet.

Eating more vegetables and fruits is a *Step to Healthier Aging*.

What is a **serving of fruit**?
- 1 medium apple, banana, orange, pear
- 1/2 cup chopped, cooked, canned, fruit
- 3/4 cup (6 oz) 100% fruit juice
- 1/4 cup dried fruit, like raisins or prunes

What is a **serving of vegetable**?
- 1 cup raw leafy vegetables
- 1/2 cup other vegetables, cooked or raw
- 3/4 cup (6 oz) vegetable juice

- Remember to check off each serving of fruits and vegetables you eat each day.
- Try to eat one more serving than usual each day until the goal is reached.

Remember

- Moving More is a healthy thing to do…don't be afraid!
- Press the reset button on your step counter before starting a new day.
- If you forget to put your counter on in the morning, put it on as soon as you remember. Check the box on your log when you wear it all day.
- Every so often, open your counter to see how many steps you have taken. It may motivate you to walk some more!
- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Eat Better & Move More

5 a Day

Your new step goal is _____

week >3	Name/ID# _____						
	Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
5 a Day	fruits & veggies ☐☐☐ ☐☐	fruits & veggies ☐☐☐ ☐☐	fruits & veggies ☐☐☐ ☐☐	fruits & veggies ☐☐☐ ☐☐	fruits & veggies ☐☐☐ ☐☐	fruits & veggies ☐☐☐ ☐☐	fruits & veggies ☐☐☐ ☐☐
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

Eat Better 5-a-Day with Color

5 a Day

After this session, older adults will:

Recognize the 5-a-Day as a way to increase variety when choosing colorful fruits and vegetables.

Preparation

- Copy Week 4 Tips & Tasks sheets for each participant.
- Bring examples of colorful fruits and vegetables—white, orange, red, blue/purple, green.
- See the List of Online Resources for Week 4 (See Appendix 6).

Start Up

- Collect last weeks Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's 5-a-Day goal for fruits and vegetables.

Eat Better Mini-Talk

5-A-DAY WITH VARIETY AND COLOR

Last week we talked about eating 5 or more servings of fruits and vegetables a day. This week we're talking about eating a variety of colorful fruits and vegetables. That may help us reach our 5-a-Day goal.

Choosing different colors is a way to increase variety. Colorful fruits and vegetables help promote health. Vitamin A is found in orange and deep yellow fruits and vegetables—mangoes, cantaloupe, and yams. Vitamin C comes from a rainbow of colorful fruits and vegetables—citrus, strawberries, and green peppers.

Your goal this week is to eat a variety of more colorful fruits and vegetables every day.

Activities

1. The Color Contest: Divide the group into teams of three or four. Have teams come up with as many fruits and vegetables according to color as they can. Give prizes of colorful fruits and vegetables to the winning team overall, or to the winning team for each color.

2. Discuss the lists from the activity above. What are people's favorites? Which ones are the easiest to get? Which are the least expensive in each color? Discuss nature's convenience foods—no preparation needed—most fruits and many vegetables.

Move More Stretching & Movement

After this session, older adults will:

Know safe ways to stretch and improve balance and flexibility while adding steps.

Preparation

- Copy Week 4 Tips & Tasks sheets and the illustrated Tips for Stretching and Moving (Appendix 4) for each participant.
- Make sure there is room for people to move around and that there is a chair for everyone.
- If you aren't comfortable demonstrating the stretching activities, find another staff person or volunteer who is.
- Bring pencils and calculators for setting new step goals.
- See the List of Online Resources for Week 4 (See Appendix 6).

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals (See Appendix 7. Offer tips that apply to challenges participants say they are facing).

Move More Mini-Talk

STRETCHING & MOVEMENT

Muscles can lose flexibility as we get older. This can make it difficult to do ordinary things, like tying shoes or reaching for things in the cupboard.

Stretching after taking walks can improve your flexibility. It can also lower the chance of muscle soreness. If you like to walk in the morning, make sure you do not get right out of bed and walk. Let your body wake up first.

Use Appendix 4 for instructions and illustrations about how to perform the stretches and movements below.

Three simple stretches: Hold each for 15 to 30 seconds. You should feel a gentle pull with no pain.

1) Calf stretch
2) Hamstring stretch
3) Ankle circles

Three easy movements: These can help you walk better and avoid injuries. For each, start with as many as you can do, for example, one, five or 10 and increase the number to 10, 20 or 30 times—once a day or more. If you cannot do many at the beginning, that's OK. Just do as many as you can.

1) Chair stands
2) Toe rises
3) Trunk Leans

Consider showing stretches in the *Exercise Video from the National Institute on Aging* or the online animated video clips at **www.niapublications.org/exercisevideo/index.asp.** Consider ordering the moderately priced video and exercise guidebook online too.

Activities

1. Have all the participants try the stretches. They will need one chair to put their legs on for the hamstring stretch. Have staff help participants while they stretch. Some may need to be near a wall for balance.

2. Calculate step goals for next week. Write each person's new daily step goal on the Week 4 Tips & Tasks sheet.

EAT BETTER

5 a Day — Work toward eating five or more servings of fruits and vegetables each day for your health.

Include a variety of colors. Mix greens, whites, oranges, reds, blues and purples for a colorful and healthy plate.

For snacks, try nature's convenience food—fruits, like apples, bananas, grapes, peaches, pears, prunes, and raisins.

Remember

- Check off the fruits and vegetables you eat each day.
- Your daily goal is at least 5-a-Day.
- Try to eat colorful fruits and vegetables each day for variety.

MOVE MORE

Warm up with five minutes of walking slowly and then stretch.

Stretch after walking to stay flexible and avoid soreness.

Stretches and movements: make copies of Appendix 2 to give to participants.

1. Calf Stretch
2. Hamstring Stretch
3. Ankle Circles
4. Chair Stands
5. Toe Rises
6. Side Leg Raises

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Eat Better & Move More

Your new step goal is _____

week >4 — Name/ID# _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 a Day	fruits & veggies ☐☐☐☐☐	fruits & veggies ☐☐☐☐☐	fruits & veggies ☐☐☐☐☐	fruits & veggies ☐☐☐☐☐	fruits & veggies ☐☐☐☐☐	fruits & veggies ☐☐☐☐☐	fruits & veggies ☐☐☐☐☐
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

week >5

Eat Better & Move More

Eat Better 3-a-Day for Calcium

After this session, older adults will:

Recognize the importance of calcium for bone health. They will choose to eat two or more calcium-rich foods each day.

Preparation

- Copy Week 5 Tips & Tasks sheet for each participant.
- Bring in five to seven containers (they can be empty) of calcium-rich foods: sardines, cheeses, milk, yogurt, canned salmon, and dark green leafy vegetables, like collard greens and kale.
- Have the weekly menu from your program available for discussion.
- See the List of Online Resources for Week 5 (See Appendix 6).

Start Up

- Collect Tips & Tasks sheet from last week.
- Discuss successes, challenges, and obstacles in achieving last week's fruit and vegetable color for variety goal. What were their selections? Was this a new way to think about fruits and vegetables.

Eat Better Mini-Talk

3-A-DAY FOR CALCIUM

Calcium is a mineral in food that is needed for healthy bones and teeth. Calcium also regulates our heartbeat and helps our nervous system.

Most of us don't eat or drink enough calcium-rich foods each day. We tend to think of calcium as important for children, which it is. But it continues to be important, as we get older.

In addition to being our skeletal framework, bones are an emergency supply of calcium for the rest of our body. If we don't get enough calcium, it comes out of our bones. Over time, bones can become weak and break easily. This is called osteoporosis.

Osteoporosis is thought of as a disease of older women, but it affects men too. Eight million American women and two million American men have osteoporosis.

Eating enough calcium and being active are the two best ways to keep our bones strong.

Activities

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 1.5g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. Introduce food label information through the Food and Drug Administration's educational tool, *Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels* **(www.cfsan.fda.gov/~dms/foodlab.html)**. ◀

a. Using the food containers you brought, have a volunteer arrange them in order of the amount of calcium without looking at the label. Then have another volunteer read the label and rearrange as necessary.

b. Explain the Daily Value (DV) percentages on the Nutrition Facts for calcium: 5% or less is low; 20% or more is high. The DV for calcium is 1000 mg, so a food with 20% DV has 200 mg of calcium. Remember the calcium requirement for older adults is 1,200 mg. Since that is more than the DV, eating 100% of the DV is a modest goal.

2. Use your program menus for a discussion. What was in this week's menu that had calcium? What do we regularly eat or drink that is calcium-rich? How can we do better?

Move More Stepping Up Your Pace

After this session, older adults will:

Understand how to monitor how hard their body is working. They will add steps to their walking program.

Preparation

- Copy Week 5 Tips & Tasks sheet for each participant.
- Bring pencils and calculators for setting new step goals.
- See the List of Weekly Resources for Week 5.

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals (See Appendix 7). Ask about problems with stretching/movement or with using the step counters.

Move More Mini-Talk

STEPPING UP YOUR PACE

As we begin to walk more, we may find that it is easier. One way to tell how hard we are working is the talk test. If we can sing while we are doing activity, then that activity is considered "light." If we can talk but not sing, then that activity is considered "moderate." If we cannot talk while doing the activity because we are out of breath, then we are doing "vigorous" activity, and should slow down. We should try to walk at the "moderate" level.

Another way to tell how hard we are working is to use a scale to see how much we are exerting ourselves. When we feel we are exerting ourselves more, our heart is beating faster. For some, this is a good way to tell how hard our body is working.

We can monitor how hard we are working by rating how we feel on a scale of 0–10 (see Week 5 Tips & Tasks sheet). For example, if we feel like our exertion is "very weak," we would rate it a 1. If we feel our exertion is "very, very strong," we would rate it a 10. We should try to work at a level of 4–6, which is "somewhat strong."

A goal of this program is to take more steps and be more active. We might also find that we are able to walk faster. We can time how long it takes to walk a certain distance—like around the block or to the store. We might find that it takes less time after a few weeks to *Move More*.

Activities

1. Discuss the exertion scale on the Tips & Tasks sheet and how to use the scale to think about how hard we are working. Challenge participants to determine how fast they are walking this week and how much they are exerting themselves. You might want to set a pre-measured course around the outside of the building or through a particular corridor or path inside the building.

2. Calculate step goals for the next week by adding 10% or whatever percentage or amount is chosen to the previous week's average steps. Write each person's new daily step goal on the Week 5 Tips & Tasks sheet.

EAT BETTER

The easiest way to get calcium is in **dairy products:** milk, yogurt, cheese, and foods made with them. Try to drink or eat 3 servings of calcium-rich dairy foods everyday.

Choose **fat-free** or **reduced fat** dairy products most often, unless you are having difficulty keeping your weight up. If so, regular (full fat) dairy products have the added calories that you need.

If dairy is a problem, try lactose-free products, calcium fortified soymilk, or calcium fortified orange juice.

- Remember to check off each serving of calcium-rich food you drink or eat each day.

Eat Better & Move More

MOVE MORE

Use the perceived exertion scale below to monitor how hard your body is working.

Your own feeling of effort and exertion is important, not how it compares to others. You should try to walk at levels 4–6.

0	None
0.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5–6	Strong (heavy)
7–8	Very strong
9–10	Very, very strong
over 10	Maximal

You can also use the talk test to check how hard you are working. You should be able to carry on a conversation while you are walking. If you are too out of breath to talk, then slow down.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Your new step goal is _____

week >5 | Name/ID# _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foods	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

week >6

Eat Better & Move More

Eat Better 3-a-Day for Strong Bones

After this session, older adults will:

Recognize the 3-a-Day for Stronger Bones campaign. They will try to eat three or more calcium-rich foods a day.

Preparation

- Copy Week 6 Tips & Tasks Sheets.
- See the List of Weekly Resources for Week 6 (See Appendix 6).
- Bring containers of calcium-rich and other foods that are different from those you brought last week.

Start Up

- Collect Tips & Tasks sheet from last week.
- Discuss successes, challenges, and obstacles in achieving last week's calcium goals.

Eat Better Mini-Talk

3-A-DAY FOR STRONG BONES

Calcium makes our bones and teeth strong. It helps our heart, nervous system and blood. If not enough calcium is eaten, the body takes calcium from bones, making them weaker and more breakable.

Over half of Americans don't get enough calcium. Even when we are over 50, we need almost as much calcium as a youngster.

Milk and other dairy products are the easiest sources of calcium. If we don't like milk, we can eat yogurt or cheese, alone or in pasta, burritos, or other combination food.

Other tricks for adding calcium to our diets:

- Buy juices with added calcium and vitamin D;
- Use yogurt dip for fruit and vegetables;
- Eat soups that are made with milk;
- Add sliced cheese to sandwiches;
- Drink lactose-free milk.

Activities

1. Using Nutrition Facts labels on food packages, have a volunteer pick one of them. Figure out together how many servings of that food is needed to get the daily requirement of calcium.
2. Talk about easy ways to add more dairy foods every day. Address lactose intolerance by discussing alternative products like milk, yogurt, soymilks, and ice creams that are lactose-free.

Move More Stepping for Strong Bones

After this session, older adults will:

Identify the benefits of physical activity for bone health. They will add more steps.

Preparation

- Bring good and bad examples of walking shoes. Good shoes are athletic or low heeled shoes with ties or straps across the top. They should have cushion and support at the arch. Bad shoes are high heeled, without cushion or arch support, or narrowed toed ones.
- Copy Week 6 Tips & Tasks sheets.
- Bring pencils and calculators for calculating new step goals.

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals (See Appendix 7).

Move More Mini-Talk

STEPPING FOR STRONG BONES

Osteoporosis, the gradual loss of bone strength, can lead to breaks, hospitalization, and disability. It is a serious and costly problem for many older Americans.

Eating and drinking calcium-rich foods are ways to keep our bones strong. Another important way is to be active. Bone density is related to how much weight bearing activity is done daily. Walking is a great weight bearing activity.

Walking helps stop bone loss and can make bones stronger. It doesn't matter if walking is done all at once, or spread throughout the day.

And it's not too late. Even if we haven't been active for a while, walking more can, gradually and safely, make bones stronger.

It is also important to protect bones and joints. Good shoes reduce stress on the bones of feet, knees, and even hips and spine. An athletic or an everyday shoe should fit well, have low heels, be wide in the toe area, support the arch of the foot, fit snugly over the top of the foot (with straps or ties), and should be well cushioned.

Wearing the right shoes can help avoid pain and discomfort in joints, and prevent falls and injuries. It is not a good idea to walk in shoes that don't fit or are worn out. If you have painful feet or bunions, you may need to see your doctor or a podiatrist for advice about the best shoes for you.

Activities

1. Moving more encourages you to take more steps each day. How can we add more weight bearing exercises, like gardening or housework including ironing, vacuuming, sweeping, laundry, childcare, etc? What other activities do you do during the day where you are standing or walking while you do something else?
2. Have everyone do a quick check of his or her shoes for proper fit. Use the examples of good and bad shoes for walking to talk about what the problem is with each shoe.
3. Calculate step goals for next week. Write each person's new daily step goal on the Week 6 Tips & Tasks sheet.

week >6 | 3-a-Day for Strong Bones | Tips & Tasks

EAT BETTER

- Choose fat-free or low fat dairy products most often, unless you are having difficulty keeping your weight up.
- Remember to check off the calcium foods you drink or eat each day.

Daily calcium goal is 1,200 mg or 3 or more servings of calcium rich foods. Use this list as a guide:

Yogurt, plain, low, or nonfat	1 cup = 435 mg
Sardines, canned, with bones	4 ounces = 430 mg
Ricotta cheese, part-skim	1/2 cup = 340 mg
Yogurt, low-fat, fruit	1 cup = 315 mg
Fortified **orange juice**	1 cup = 300 mg
Milk, whole, low/reduced or fat-free	1 cup = 300 mg
Swiss cheese	1 ounce = 270 mg
Salmon, canned, with bones	4 ounces = 260 mg
Collard greens, cooked	1/2 cup = 180 mg

- Remember to check off the calcium foods you drink or eat each day.

MOVE MORE

Osteoporosis is a serious problem for older people. Make your bones strong to protect them.

Bone strength is related to how much weight bearing activity you get. You can minimize the bone loss associated with aging by doing weight-bearing activity every day.

Walking is a great weight bearing activity. You don't have to walk really fast to benefit from the activity.

Well-groomed toenails are important for foot comfort. Remember to check your shoes to make sure that:

- The heel is low;
- They have an arch support;
- There is space for the toes and heel;
- They fit snugly;
- They are not worn out.
- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Your new step goal is _____

week >6 | Name/ID# _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foods	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐	Calcium-Rich ☐☐☐
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

week >7

Eat Better & Move More

Eat Better Fiber Fitness

After this session, older adults will:

Know the health benefits of fiber. They will learn which cereals are high in fiber and plan to eat one frequently or daily.

Preparation

- Copy Week 7 Tips & Tasks sheet for each participant.
- Bring a box of a high fiber cereal and a low fiber cereal, several cereal bowls, and a measuring cup.
- See the List of Weekly Resources for Week 7 (See Appendix 6).

Start Up

- Collect last week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's calcium goals.

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 1.5g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Eat Better Mini-Talk

FIBER FITNESS

Fiber in food comes mostly from whole grains, vegetables, and fruits. It is what gives these foods structure and texture. Much of the fiber we eat is not digested. We must have fiber in our diets to keep our intestines healthy.

The good things that fiber does in our bodies:

- Keeps bowels moving and working the way they are supposed to. It helps prevent constipation and diarrhea;
- May help prevent colon cancer;
- May help keep cholesterol from being absorbed;
- Can help reduce the risk of heart disease;
- May help increase the feeling of fullness so we don't eat more than we should.

We need about 25 grams of fiber each day. Gradually increase your fiber intake to avoid gastrointestinal discomfort. Be sure to drink more liquids when you eat more fiber.

Eating a high fiber cereal (five grams or more per serving) each day is a sure step toward getting enough.

Activities

1. Demonstrate the difference between a high and low fiber cereal. Ask for a volunteer to measure out a serving of a high fiber cereal according to the serving size on the label. Then have her or him measure out the amount of lower fiber cereal needed to provide the same amount of fiber. Discuss why it is better to eat the high fiber cereal or to mix some into your usual cereal.
2. Pass out Tips & Tasks sheet. Discuss the cereals listed in descending order of fiber. Encourage participants to talk about favorite cereals. Show how to read a Nutrition Facts label using the boxes in Activity 1 above (as done in previous sessions). Encourage them to bring in boxes of favorite cereals next week.

Move More Walking in All Weather

After this session, older adults will:

Know how to keep up their activity in different kinds of weather. This information may need to be modified for local weather conditions. They will add more steps.

Preparation

- Copy Week 7 Tips & Tasks sheet for each participant.
- If you can get donated water bottles and/or holders, this would be a great time to give them out.
- Bring a list of nearby parks, malls, and other places to walk.
- Bring pencils and calculators for setting new step goals.

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals (See Appendix 7).

Move More Mini-Talk

WALKING IN ALL WEATHER

Eating fiber and keeping active are both important ways to keep our intestines working well. We don't have to let the weather get in the way of our walking more.

Look for a mall or indoor track where one can walk regardless of the weather. Look for walking routes out of the sun, or away from the cold wind, rain, snow, or ice.

In cold weather, wear layers that can be removed if it gets too warm. A snug inner layer, like long underwear, with a looser jacket and pants works well. Make sure to wear a warm hat. Heat is lost through our heads.

In hot weather, wear loose, light colored clothes.

On sunny days, use sunscreen and wear sunglasses and a hat with a visor.

No matter the weather, remove damp clothes after walking to avoid getting chilled.

Staying hydrated

Every cell in our body needs water. Staying healthy means drinking enough fluids. As we age, our sense of thirst may not be reliable. Activity makes us sweat, which means we lose water. With more activity, especially in very hot weather, it is important to drink more fluids.

Some medications may make us lose more water than usual. Ask your doctor or dietitian about this.

Drinking water is one way to get fluids. But other things have fluids in them as well: juices, milk, fruits, vegetables, soups, and other non-alcoholic drinks.

Make sure you are getting enough fluids. Have something to drink with each meal and between meals. Drink before, during, and after any physical activity.

Activities

1. What's your excuse? Have participants come up with reasons they can't walk because of the weather. Challenge others to come up with ways to counter the excuse. Creative excuses and creative solutions should both be praised.
2. Discuss what would be a good schedule for making sure we drink enough fluids. What do we do now? Remind ourselves that we can drink fluids at other times, but it is good to have set times that we will remember. Remember to drink before, during, and after walking, especially when it is hot outside.
3. Calculate step goals for next week. Write each person's new daily step goal on the Week 7 Tips & Tasks sheet.

Tips & Tasks

EAT BETTER

Eating foods with fiber as part of a healthy diet may help reduce your risk of heart disease and colon cancer. High fiber cereals can help keep your bowels working.

Cereal	Serving	Fiber
Bran Buds	1/3 cup	14g
All-Bran	1/2 cup	10g
100% Bran	1/3 cup	8g
Bran Chex	1 cup	8g
Raisin Bran	1 cup	7g
Bran Flakes	1 cup	5g
Mini-wheats	5 pcs	5g
Oatmeal (dry)	1/2 cup	4g
Grape-Nuts	1/2 cup	4g
Cheerios	1 cup	3g
Wheaties	1 cup	2g
Grits (dry)	1/2 cup	2g
Cornflakes	1 cup	1g
Puffed wheat	1 cup	1g
Nutri-Grain Bar	1 bar	1g

- Remember to write down the grams of fiber in the cereal you eat each day.

MOVE MORE

Don't let the weather discourage you from walking. Try new ways to add steps even if it's hot, cold, rainy, or snowy.

Depending on the weather, here are some walking tips:

- Dress for the weather;
- Consider indoor walking at a mall or in hallways when the weather is hot, rainy, or cold;
- Try walking in a nearby shady park or where paths are kept clear in winter, and where there is water;
- Make sure to take water with you, so you don't become dehydrated;
- Put yourself on a schedule for drinking water or other fluids everyday. Set a goal for drinking water and stick to it.
- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Eat Better & Move More

Your new step goal is _____

week >7 | Name/ID# _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Food	Fiber Grams	Fiber Grams	Fiber Grams	Fiber Grams	Fiber Grams	Fiber Grams	Fiber Grams
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

week >8

Eat Better & Move More

Eat Better More Options for Fiber

After this session, older adults will:

Be able to review benefits of fiber. They will add more fiber options to their diets.

Preparation

- Copy Week 8 Tips & Tasks sheets for each participant.
- Bring five to seven packaged or canned foods.

Start Up

- Collect Tips & Tasks sheet from last week.
- Discuss successes, challenges, and obstacles in achieving last week's fiber goal.
- Ask for volunteers to report on cereal favorites. Did they try a new one or was this an old favorite?
- For those who brought in a cereal box, have them read the label for fiber content. How does it rate with the others on the Week 7 list?

Eat Better Mini-Talk

MORE OPTIONS FOR FIBER

Ask for volunteers to recall the benefits of fiber:

- Digestion, intestinal health, cholesterol, cancer, and feeling of fullness.

Share tips for easily adding more fiber to the diet:

- Eat a bowl of beans, such as chili or lima beans, or rice and beans;
- Switch to whole grain breads, muffins, and cereals;
- Eat brown rice or pearled barley;
- Snack on cut up washed and unpeeled apples and pears;
- Eat a handful of prunes or dried apricots for a snack;
- Try whole grain snack chips, such as baked tortilla chips;
- Mix high fiber cereals with lower fiber cereals or with yogurt, pudding, or ice cream.

Activities

To encourage eating high fiber foods:

1. Using the packaged or canned foods you brought in, ask for a volunteer to arrange the foods in order of fiber content, highest to lowest, without looking at the labels. Then ask another volunteer to read the labels and correct the order, if needed.
2. Pass out Tips & Tasks sheet. Discuss the list of rich sources of fiber. Ask which foods they tend to eat already. The task is to eat two or more fiber-rich foods from the list every day.

Move More Keeping Regular

After this session, older adults will:

Know the value of activity for intestinal health. They will add more steps.

Preparation

- Copy Week 8 Tips & Tasks sheets for each participant.
- Bring pencils and calculators for setting new step goals.

Start Up

- Collect Tips & Tasks sheet from last week.
- Discuss successes, challenges, and obstacles in achieving last week's step goals.

Move More Mini-Talk

KEEPING REGULAR

Constipation is a common concern as we get older.

The three best ways to prevent constipation:

- Eat enough fiber;
- Drink enough fluids;
- **BE ACTIVE.**

As we get older, we tend to be less active. Among people over age 65, more than 70% are not active enough to help promote health. When we are inactive, we are very likely to have problems with constipation. Staying active also reduces our chance of getting colon cancer. Intestinal health is one more reason to keep adding steps.

Sometimes we have more difficulty sleeping as we age. Physical activity can help us sleep better at night.

It might help to walk at the same time every day. Regulating physical activity can help regulate both bowel movements and sleeping habits.

Some people might use constipation and fatigue as reasons not to do any physical activity. So avoiding these problems eliminates common "barriers" to walking regularly.

Activities

1. "Take it easy, you're not as young as you used to be." versus "Move it or lose it." Ask participants what they think of these two common sayings. What do we think is true about these sayings from your own life or someone we know? What advice would you give your children or grandchildren about being active?
2. Have participants share some of their ideas and feelings about what helps them to sleep and what keeps them awake.
3. Calculate step goals for next week. Write each person's new daily step goal on the Week 8 Tips & Tasks sheet.

week >8 | More Options for Fiber | Tips & Tasks

EAT BETTER

To add more fiber:

- Read labels for **fiber content** and choose the highest grams of fiber;
- Switch to **whole wheat breads, crackers, cereals** and other **whole grain foods**;
- Eat more **fruits** and **vegetables**;
- Add **raisins** to your whole grain cereal;
- Eat **dried fruit** for snacks;

Rich sources of fiber

1/2 cup	High fiber cereals
1/2 cup	Beans, cooked or canned (kidney, lima, pinto, garbanzo)
1/3 cup	Peanuts
1/2 cup	Raspberries
1/2 cup	Green peas
1 med	Baked potato with skin
1/2 cup	Brown rice, pearl barley, bulgur
3 med	Dried figs or prunes
1 med	Fresh pear
1 med	Yam or sweet potato
1 cup	Popcorn

- For the next week, eat two or more foods from the list below every day;
- Remember to drink more **fluids** as you eat more fiber.
- Remember to check off the fiber-rich foods you eat each day.

MOVE MORE

Being active is one of the best ways to prevent constipation.

Being active can also reduce your chance of getting colon cancer.

Physical activity can help you sleep better.

Regulating your activity schedule can help you regulate your bowels and sleep.

Avoiding constipation and fatigue will help you keep exercising regularly.

Your body was designed for activity—everything works better when you keep moving.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Eat Better & Move More

Your new step goal is _____

week >8 | **Name/ID#** _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foods	Fiber-Rich ☐☐☐	Fiber-Rich ☐☐☐	Fiber-Rich ☐☐☐	Fiber-Rich ☐☐☐	Fiber-Rich ☐☐☐	Fiber-Rich ☐☐☐	Fiber-Rich ☐☐☐
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

week >9

Eat Better & Move More

Eat Better Sensible Portion Sizes

After this session, older adults will:

Recognize what a healthy serving size looks like. They will be able to measure one or more food servings daily.

Preparation

- Copy Week 9 Tips & Tasks sheets for each participant.
- Bring a baseball, tennis ball, golf ball, deck of cards, dice, and a set of measuring cups. Also bring a plate, bowl, and glass or cup.
- Make plans to measure a few food items from today's meal. Alert staff to save a meal from the day's program. You could also make macaroni and cheese from a box, or bring a bag of a snack food such as corn chips.
- See the List of Online Resources for Week 9 (See Appendix 6).

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes and problems in achieving last week's fiber goals.

Eat Better Mini-Talk

SENSIBLE PORTION SIZES

Eating the right amount is the key to reaching or maintaining a healthy weight.

A portion is the amount of food you choose to eat. While there are no right or wrong portion sizes, some of us eat portions that may be too large or too small.

A serving is the standard amount described in the Food Guide Pyramid. Serving sizes are also found on the Nutrition Facts panel on food labels.

As we age, most of us need fewer calories than we did when we were younger. This is because we may not be as active as we were. However, our nutrition requirements remain the same or increase with age. So we need to be sure every bite we eat is healthy. While we may need less food, it needs to be the right food.

Over the past few weeks, we have learned about fruits and vegetables, calcium, and fiber, and why they are important for health. Many of us do not eat enough of these foods and could eat more servings to be healthier.

Activities

Demonstrate the difference between portion and serving sizes.

1. Pass out the Tips & Tasks sheet. Using the props you brought, demonstrate how to measure serving sizes.
2. Ask for a volunteer to help. First have the volunteer serve a portion of food on the plate or in the bowl that he or she normally eats. Then compare this serving with one of the quick methods listed on the Tips & Tasks sheet.
3. Encourage participants to measure a few different food items that they eat each day.

Move More Walking Tall

After this session, older adults will:

Recall activities to do in addition to walking. They will add more steps and other activities.

Preparation

- Copy Week 9 Tips & Tasks sheets for each participant.
- Bring pencils and calculators for setting new step goals.
- See the List of Weekly Resources for Week 9 (See Appendix 6).

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes and problems in achieving last week's step goals (See Appendix 6).

Move More Mini-Talk

WALKING TALL

We have been working together to increase our activity by adding steps each day. Good posture is another important part of staying healthy. Proper posture means proper alignment of the spine. When the spine is in the proper position, there is less stress on joints of hips, knees, feet, and even shoulders.

Slumping forward with a rounded upper back puts a lot of stress on the spine—so does standing up too straight. Check proper posture:

- Head should be held erect with the chin gently pulled back, like we are pushing the top of our head through the ceiling;
- Stomach should be pulled in so the muscles are tight, and our lower back should have a slight forward curve;
- Chest should be up and shoulders back but not in an exaggerated "military posture;"
- Knees should be straight and shoulders should be directly above our hips.

When we walk or do other physical activity, try to think about proper posture and hold it as much as possible. If we are not used to standing properly, it can be very tiring. Walking with poor posture can lead to joint pain and injuries.

Activities

1. Have participants assess their own posture and practice walking with proper posture.
2. Review proper footwear and stretching activities. Emphasize how these are related to proper posture.
3. Calculate step goals for next week. Write each person's new daily step goal on the Week 9 Tips & Tasks sheet.

week >9 | Sensible Portion Sizes | Tips & Tasks

EAT BETTER

Each day, measure 1–2 typical portions of a different food you eat. Use one of the easy methods below or use a measuring cup.

Quick estimation of serving sizes:

- A deck of playing cards is about a 3 ounce serving of cooked meat, poultry, or fish;
- A baseball is about 1 cup of milk, yogurt, or chopped fresh greens;
- A computer mouse (or small fist) is about a 1/2 cup of cut fruit, vegetables, or pasta;
- A tennis ball is about the size of a medium size piece of fruit;
- A golf ball is about 2 tablespoons of peanut butter;
- Two 9-volt batteries are about 1 1/2 ounces of cheese;
- Your whole thumb equals about 1 ounce of cheese;
- Your thumb tip is about 1 teaspoon of margarine.
- Remember to check off each time you measure a serving of food you drink or eat. Try different methods!

MOVE MORE

Proper posture depends on proper shoes. Stretching everyday can help.

When you are walking or doing any other physical activity, proper posture helps you be more efficient.

Good posture can help you avoid injury, and look and feel better too!

So keep walking tall!

Keep wearing your step counter everyday.

Remember to write down your total steps each day.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Eat Better & Move More

Your new step goal is _____

week >9 | **Name/ID#** _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foods	Measured Servings ☐☐	Measured Servings ☐☐	Measured Servings ☐☐	Measured Servings ☐☐	Measured Servings ☐☐	Measured Servings ☐☐	Measured Servings ☐☐
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

Eat Better Conquering Portion Distortion

After this session, older adults will:

Review and practice sensible portion sizes.

Preparation

- Copy Week 10 Tips & Tasks for each participant.
- Bring a measuring cup, measuring spoons, deck of cards, golf ball, and a tennis ball. Bring a large plate or bowl of cooked pasta or rice, a piece of fruit, a bowl of canned fruit or vegetables and some meat from the Program meal.
- See the List of Online Resources for Week 10.

Start Up

- Collect Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's portion measuring challenge. What did you learn about portion sizes when you measured your food? Are your portions bigger or smaller?

Eat Better Mini-Talk

CONQUERING PORTION DISTORTION

Learning to eat sensible portion sizes helps us aim for a healthy weight. A healthy weight is key to a long life.

Knowing how much we do eat as well as how much we should eat is especially important if we are trying to lose, gain, or maintain our current weight. We know that portion sizes at home and in many restaurants are increasing. And we also know that obesity is a major health problem for our country. Yet many older adults struggle to keep their weight up.

Learning what a recommended serving size looks like will take some practice. Remember the tricks from last week Tips & Tasks Sheet.

- A deck of playing cards is about a 3 ounce serving of cooked meat, poultry, or fish.
- A baseball is about 1 cup of milk, yogurt, or chopped fresh greens.
- A computer mouse (or small fist) is about a 1/2 cup of cut fruit, vegetables, or pasta.
- A tennis ball is about the size of a medium size piece of fruit.
- A golf ball is about 2 tablespoons of peanut butter.
- Two 9-volt batteries are about 1 1/2 ounces of cheese. Your whole thumb equals about 1 ounce of cheese.
- Your thumb tip is about 1 teaspoon of margarine.

Activity

Using foods you brought, have a volunteer portion out a glass of milk, tablespoon of peanut butter, 1/2 cup of rice or pasta, or 3 oz serving of meat without using a measuring device. Then have someone else come up and assess the size, using the tricks a computer mouse (or small fist), playing cards, or a thumb. Last, have another volunteer measure the foods using measuring cups and spoons. Discuss the differences from the usual portion sizes we tend to eat.

Move More Stepping to a Healthy Weight

After this session, older adults will:

Explain the role of physical activity in weight control, diabetes, and heart disease. They will add more steps and other activities.

Preparation

- Copy Week 10 Tips & Tasks for each participant.
- Identify an exercise program on TV that would be appropriate for your participants. Write the schedule on the Tips & Tasks before copying.
- Bring pencils and calculators for setting step goals.
- See the List of Weekly Resources for Week 10 (See Appendix 6).

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals (See Appendix 7). What activities did you use to add steps to your record?

Move More Mini-Talk

STEPPING TO A HEALTHY WEIGHT

Staying active is an important part of controlling or preventing overweight, heart disease, and diabetes. These conditions are related to each other. Being active is one strategy that you and your doctor may decide can improve your health. Thirty minutes of activity on most days of the week can help most of us.

Obesity and Overweight: Two out of three adults are obese or overweight. Obesity means weighing 30 pounds or more than you should. Obesity makes life hard by itself, because it makes getting around more difficult, stresses joints, and lessens enjoyment of daily tasks. It also increases the risk for diabetes, heart disease, and other illnesses.

Type 2 Diabetes affects one in four of us over age 65. Yet, it can be greatly improved with good nutrition and physical activity.

Heart disease is the #1 cause of stroke and death in America. It affects at least 25% of us over age 65. Diabetes and overweight are risk factors for heart disease.

Physical activity burns calories, which can help our weight. It helps regulate blood sugar levels, lowers blood pressure, improves circulation, and reduces heart disease risk. Activity, like we are doing to *Move More,* increases our sense of well being.

Activities

1. Discuss TV as an "activity." Americans watch 3–5 hours of TV a day. It is the most inactive thing we can do. It is even less active than playing a board game or sewing. What did we do instead of watching TV as a child? If you found an exercise program on TV and put it on the Tips & Tasks sheet, point this out to participants.
2. Calculate step goals for next week. Write each person's new daily step goal on the Week 10 Tips & Tasks sheet.

EAT BETTER

Use the serving size tricks to control your food intake. Don't let "super size" restaurant portions tempt you to eat too much.

If you are having trouble keeping your weight up, try eating larger portions or taking a few more bites of all the foods you eat.

Quick estimation of serving sizes:

- A deck of playing cards is about a 3 ounce serving of meat, poultry, or fish;
- A baseball is about a 1 cup of milk, yogurt or chopped fresh greens;
- A small fist (or computer mouse) is about a 1/2 cup of cut fruit, vegetables, or pasta;
- A tennis ball is about the size of a medium size piece of fruit;
- A golf ball is about 2 tablespoons of peanut butter;
- Your thumb is about 1 ounce of cheese;
- Your thumb tip is about 1 teaspoon of margarine.
- Remember to check off each time you measure a serving of food you drink or eat. Try different methods!

MOVE MORE

Food gives us calories; activity uses calories. Try for a good balance with sensible portion sizes and Moving More.

Obesity, diabetes, and heart disease are a dangerous trio that can be fought with more physical activity.

Being underweight can cause fatigue, lower your resistance to illness, and even reduce your appetite.

Even modest increases in activity help! If your appetite is poor, *Moving More* should help perk it up.

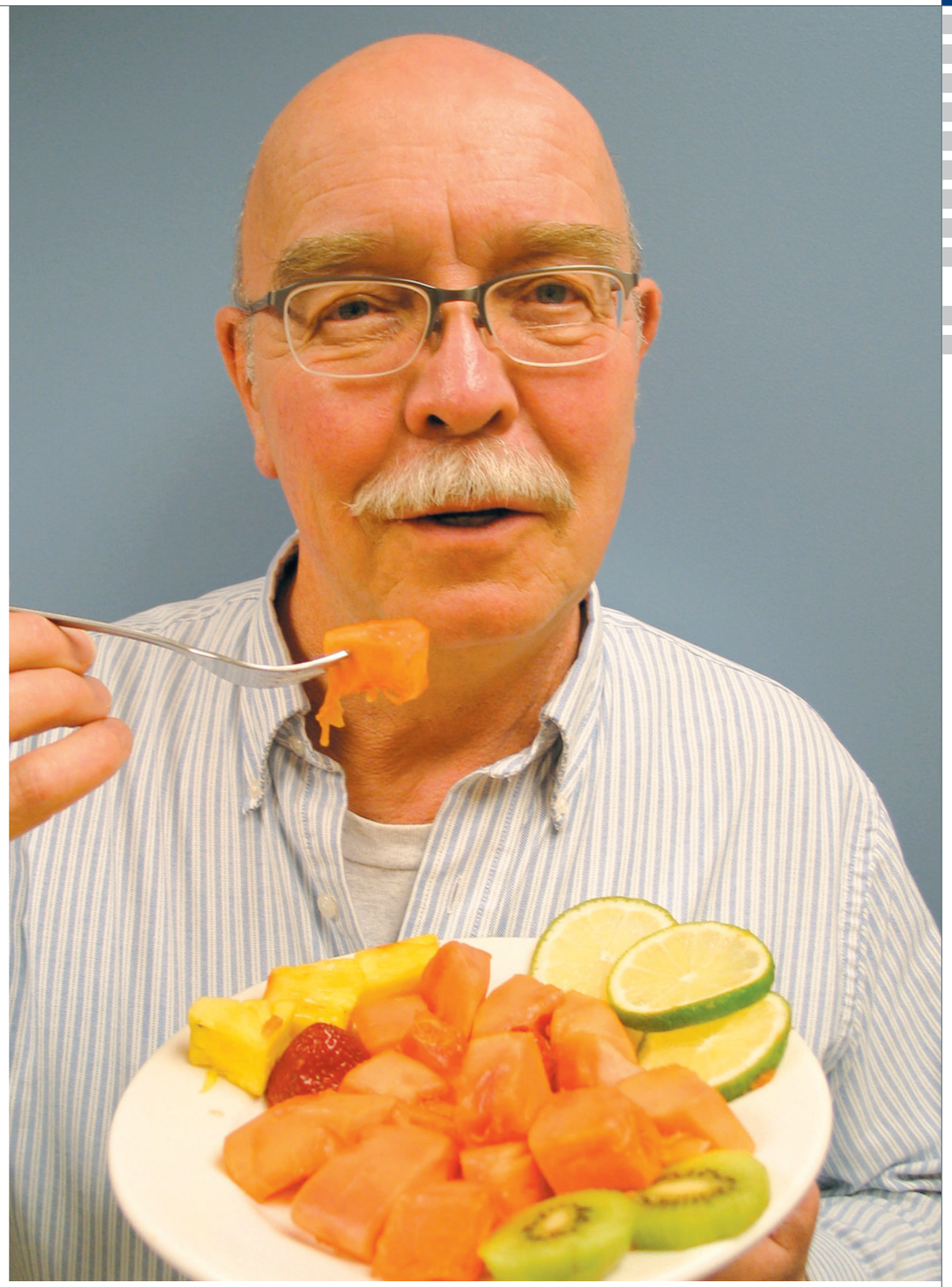
- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Eat Better & Move More

Your new step goal is _____

week > 10 | Name/ID# _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foods	Measured Servings ☐☐☐	Measured Servings ☐☐☐	Measured Servings ☐☐☐	Measured Servings ☐☐☐	Measured Servings ☐☐☐	Measured Servings ☐☐☐	Measured Servings ☐☐☐
Steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day



week >11

Eat Better & Move More

Eat Better Food Guide Pyramid

After this session, older adults will:

Recognize the health benefits of using the Food Guide Pyramid to guide food choices each day.

Preparation

- Copy Week 11 Tips & Tasks sheets and Food Guide Pyramid Handout (See Appendix 5) for each participant.
- Have today's meal set aside on a tray for discussion.
- See the List of Weekly Resources for Week 11.
- See Appendix 5. Make copies of Appendix 5 to give to participants.

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's portion measuring challenge. What are we learning about portion sizes? What are our biggest weaknesses?

Eat Better Mini-Talk

FOOD GUIDE PYRAMID

The Food Guide Pyramid helps us put together what we learned so far to *Eat Better*. It outlines what we should try to eat everyday. It can help us create healthy meals and diets.

The base of the Pyramid shows foods that should be eaten in the greatest number of servings daily. Breads, cereals, rice, and pasta are in this group. Try to have about six or more servings each day. Concentrate on high fiber cereals, whole grain breads, and brown rice to help reach the fiber goal.

The next groups are vegetables and fruits. The Pyramid recommends 3–5 servings of vegetables and 2–4 of fruits. Try for at least 5-a-Day combined.

As you move up the Pyramid, milk, yogurt and cheese are on one side, and meat, poultry, fish, dry beans, eggs, and nuts are on the other. Choose three milk, yogurt and cheese servings and 2–3 servings (5–7 ounces total) from the meat and beans group per day.

At the top of the Food Guide Pyramid are foods that should be used sparingly: fats and sweets. They don't add much nutritionally. These foods should not displace healthier foods.

This may look like a lot of food, but remember we are talking about standard serving sizes, measured the way we did last week. Two slices of bread for a sandwich = 2 servings; a 1/2 cup of pasta = 1 serving; a cup of rice = 2 servings—it adds up fast.

Follow the Food Guide Pyramid to reach the daily goals for fruits and vegetables, calcium, and fiber as recommended to *Eat Better*. As we learned in previous sessions, staying hydrated is also very important for good health.

Activities

1. Analyze a meal that was served today. Get assistance in helping to measure the quantities if needed. Determine how many servings from each of the Food Guide Pyramid groups were in the meal. Then add the other servings of other foods you usually eat to see if your day's intake measures up to the Food Guide Pyramid.

2. Create a Food Guide Pyramid day's diet. Ask a participant to describe a usual breakfast and write everything down. Ask another participant to describe a lunch, and write that down, and then a dinner. Check the daily totals. Assuming that these are standard serving sizes, what is missing?

Move More Activity at Home & Away

After this session, older adults will:

Identify activities to do in addition to walking. They will use some simple and easy strengthening exercises to help avoid injury and build muscle. They will add more steps and other activities.

Preparation

- Copy Week 11 Tips & Tasks sheets for each participant.
- Bring copies of exercises to try with the participants.
- Have pencils and calculators for figuring new step goals.
- ee the List of Weekly Resources for Week 11 (See Appendix 6).

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals (See Appendix 7). What activities did you use to add steps to your record?
- Is anyone feeling a difference from the step increases?

Move More Mini-Talk

ACTIVITY AT HOME & AWAY

Our official program to *Move More* is almost over, but hopefully we will all continue keeping track of our steps. Continue to add steps gradually, increasing by about 10% a week. If you've been walking with a group, keep it up.

Along with eating better, moving more is a great way to improve health and reduce risks for diseases.

We have been working together to increase our activity by adding steps each day. Activities in addition to walking will register as steps on your counter. These include dancing, shopping, getting the mail, going on errands, and sports such as horseshoes, ping pong, shuffle board, bocce ball, croquet, and racquet sports.

Some activities done while standing still, such as some housework and gardening, will not register on step counters, but they are still good to do. Swimming and bicycling won't register either, but can be added to your daily steps according to conversion charts.

Let's not forget to stretch for flexibility every day. Also remember to add other weight bearing activities in addition to walking more.

Here are some other ideas for adding steps each day:

At home

- Get up to change the television channel instead of using the remote control;
- During TV commercials, walk to a window to look out;
- Walk the hallways if you live in an apartment building;
- Try to complete half your step goal by mid-day;
- Start a walking group with neighbors and family;
- Vary where you walk to keep it interesting;
- Walk to a nearby friend's home instead of calling on the phone.

Away from home

- Walk instead of using the car or bus when the trip is less than a mile;
- Join a walking program at a local mall. If one isn't available, start your own;
- Park a distance from where you need to be and walk;
- Return the shopping cart to the store instead of leaving it in the parking lot;
- Make several trips to the car to unload groceries;
- Use the stairs instead of the elevator or escalator;
- Encourage family and friends to walk with you to the market or stores;
- When waiting at a bus stop, walk up and down the sidewalk until the bus arrives.

Activities

1. Ask for other ideas to add steps. Encourage a discussion about favorite new activities.
2. Calculate step goals for the next week. Write each person's new daily step goal on the Week 11 Tips & Tasks sheet.

EAT BETTER

Use the information below to guide your food choices.

Remember the serving sizes are:

- 2–3 oz of cooked fish, meat or poultry;
- 1/2 cup of raw or cooked vegetables;
- 1 cup of leafy green vegetables;
- 1 cup of yogurt or milk;
- 1/2 cup of canned or cut up fruit;
- 1 medium size piece of fruit;
- 1 slice of bread;
- 1/2 cup of pasta or rice
- Write down how many servings of each Pyramid group you eat each day for a week.

MOVE MORE

Get up…don't use the TV remote!

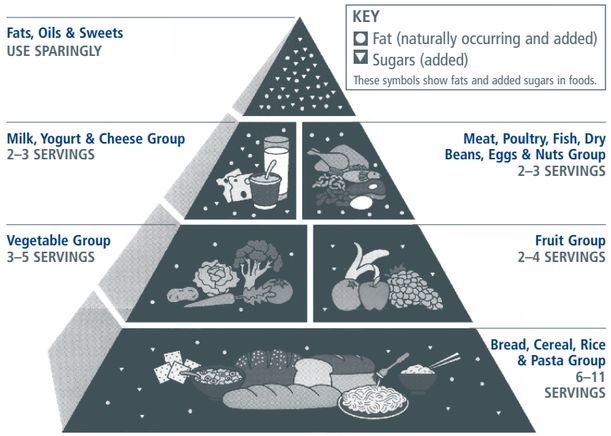
Walk to look out the window during commercials.

Walk to places near home if it is safe.

Return your shopping cart to the store instead of leaving it in the parking lot.

Use the stairs instead of the elevator.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.



Your new step goal is _____

week >11 **Name/ID#** _____

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foods	Dairy 3							
	Meats, Poultry 2							
	Vegetables 3							
	Fruits 2							
	Bread, Cereal 6							
Steps		number of steps	number of steps	number of steps	number of steps	number of steps	number of steps	number of steps
		☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

Eat Better Celebrate Success!

After this session, older adults will:

Commit to Eating Better every day...and Celebrate success!

Preparation

- If possible, come up with prizes in cooperation with local businesses, hospitals or agencies: coupons for healthy food items, etc.
- Develop some categories of winners: Most improved, 5-a-Day for fruits and vegetable, 3-a-Day calcium-rich foods, etc.
- Copy the Nutrition Questionnaire for each participant if you are interested in outcome data for your Program (See Appendix 3).
- Print out a resource list for nutrition assistance available in your community. Copy the list to send home with participants.
- See Appendix 5 of the Food Guide Pyramid and make copies for participants.

Start Up

- Collect Tips & Tasks sheet from last week.

  Ask for some personal thoughts about the program:

- What was the most valuable part?
- What did you learn that you didn't know before?
- What did you try or do that was new for you?
- Will it be hard for you to keep the changes you've made?
- Will it be hard for you to add new changes?

Activities

1. Distribute the brief Nutrition Questionnaire and help participants answer all questions. Collect questionnaires being certain that each one includes identifying data, such as a name or identification number and a date.
2. Award prizes. Ask winners to talk about their accomplishments.
3. Help make plans for people to continue *Eat Better.*
4. Provide additional nutrition resources to help people continue to *Eat Better*.
5. CELEBRATE SUCCESS!

Move More Celebrate Success!

After this session, older adults will:

Commit to Move More each day…and Celebrate success!

Preparation

- If possible, come up with prizes in cooperation with local businesses, hospitals or agencies: water bottles, sweat bands, etc.
- Develop some categories of winners: Most improved, Most steps in one week, Most total steps, etc.
- Tabulate accumulated steps for participants. Have a list so you can add the numbers from the final weeks for the celebration.
- Add up all the steps from everyone who participated. Come up with a location between your community and someplace else that represents the total steps taken.
- Copy the Physical Activity Questionnaire for each participant if you are interested in outcome data for your Program (See Appendix 3).

Start Up

- Collect Tips & Tasks sheet from last week.

  Ask for some personal thoughts about the program:

- What was the most valuable part?
- What did you learn that you didn't know before?
- What did you try or do that was new for you?
- Will it be hard for you to keep the changes you've made? (See Appendix 6).

Activities

1. Distribute the Physical Activity Questionnaire and help participants answer all questions. Collect questionnaires being certain that each one includes identifying data, such as a name or id number and a date.
2. Award prizes. If possible, refund the cost of the step counter to those who completed the program. Ask winners to talk about their accomplishments.
3. Help make plans for people to continue *Move More*.
4. CELEBRATE SUCCESS!

Appendices

Eat Better & Move More

Appendix 1

Appendix 2

Appendix 1: SAMPLE FORMS

You are invited to revise this **CONSENT FORM** to meet the needs of your participants and program.

Consent to Participate in the *Steps to Healthier Aging: Eat Better & Move More* Program.

You freely and voluntarily agree to participate in this program. You understand that you will increase your physical activity and hear information to help you make healthier food choices. To increase your physical activity, you will wear a step counter every day for about 12 weeks. You will have a new personal goal to increase the number of steps you take each week. You will also agree to keep record of how many steps you take each day and changes you make in your eating. You will bring the Tips & Tasks sheets to the center each week.

We may measure your height and weight and also your resting heart rate, blood pressure, and the area around your waist. We may test your flexibility and balance. You will be asked to fill out questionnaires about your health, physical activity, and food habits. We may repeat these measures at the end of the program. We will of course keep all information about you confidential. All measurements and questionnaires will be done here.

You understand that the risks involved in participating are minimal because you are only being asked to walk more and eat healthier each day. If you experience any side effects from walking, you should stop wearing the step counter, record the number of steps you took that day, and call or see your doctor. You may benefit from learning about healthy eating and being more physically active.

You understand that participation in this program is completely voluntary. You will be told and given in writing any new information that might affect your decision to participate. You may refuse to participate or stop this program at any time.
If you do not want to continue, the meals and other activities that you are entitled to will not be affected in any way.

I have read and understand the above consent form. I agree to participate in this program.

Participant's Signature	Printed Name	Date

You are invited to revise this **PHYSICIAN'S APPROVAL FORM** to meet the needs of your participants and program.

Physician's Approval to participate in the *Steps to Healthier Aging: Eat Better & Move More* Program.

This nutrition and walking program is designed to help older adults eat better and walk more. Participants will wear step counters to monitor the number of steps they take each day. Every week each will be given a daily step goal based on the average daily steps from the previous week. The new step goal will be about a 10% increase. There will be mini-talks on nutrition and walking. If possible, 5–15 minutes of group walking will be offered twice a week for participants.

.....

Release to request permission

I give permission to _____to ask my physician if I may participate in the *Steps to Healthier Aging: Eat Better & Move More* campaign. I give my physician approval to sign the form.

Participant's Signature	Printed Name	Date

.....

_____ has medical approval to participate in *Steps to Healthy Aging: Eat Better & Move More* campaign.

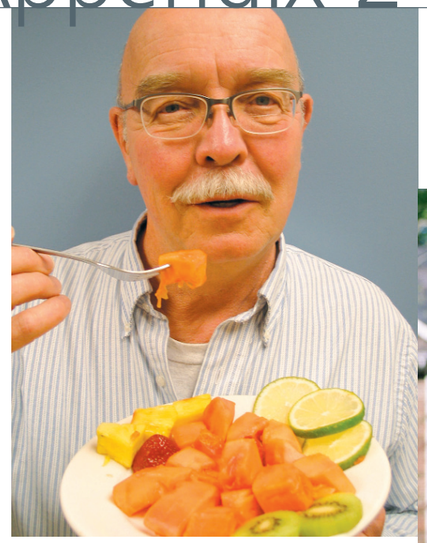
Participant's Signature	☐ I Give My Approval	☐ I Do Not Give My Approval
Physician's Signature	Printed Name	Date
Physician's Address	Physician's Phone	

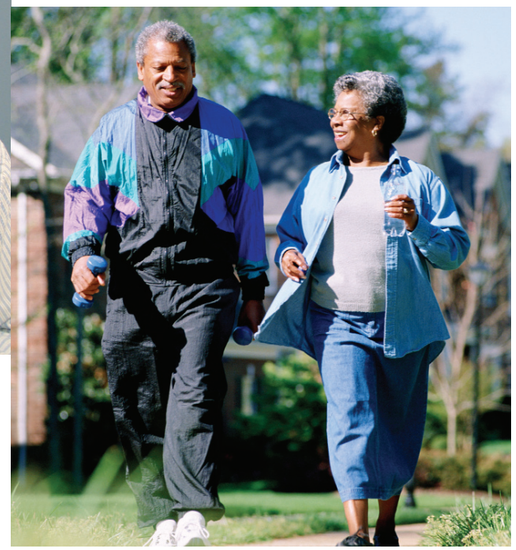
Name: _____Date: _____

Even though *Steps to Healthier Aging: Eat Better & Move More* Program is not overly strenuous, some individuals should be evaluated by a health professional to see if medical permission is necessary. The following screening questionnaire may help indicate if an individual needs a doctor's permission before starting the program. If you answer "Yes" to one or more of these questions you may want to consult with your doctor or health care professional before starting *Eat Better & Move More*.

	YES	NO
1. Has your doctor ever said you have a heart condition and you should only do physical activity recommended by your doctor?		
2. Do you feel pain in your chest when you do physical activity?		
3. In the past month, have you had chest pain when you were not doing physical activity?		
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?		
7. Do you have diabetes?		
8. Do you have ulcerated wounds or cuts on your feet that don't seem to heal?		
9. Do you get pain in your buttocks or the back of your legs (thigh or calves) when you walk?		
10. Have you lost 10 pounds or more in the past six months without trying?		
11. Do you know of any other reason you should not do physical activity?		

Appendix 2





- **Come find out about our new nutrition & physical activity program.**
- **Discover how simple it can be to make small changes for better health.**

Time:_____

Date:_____

Place: _____

PARTICIPANT ENROLLMENT FORM

Name _____ID#_____Date _____

Your answers are important and your confidential responses will help us to plan programs for older adults.

Date of Birth _____/_____/_____
month day year

☐ Male ☐ Female

1. Race/Ethnicity: (Please check one)
   - ☐ Caucasian
   - ☐ African American
   - ☐ Hispanic/Latino
   - ☐ Native American
   - ☐ Asian/Pacific Islander
   - ☐ Don't know/refuse
2. Who do you live with? (Please check all that apply)
   - ☐ Live with spouse
   - ☐ Live alone
   - ☐ Live with other family member
   - ☐ Other _____
3. Do you smoke now?
   - ☐ Yes
   - ☐ No
4. Do you have any of the following conditions? (Please check all that apply)
   - ☐ High blood pressure
   - ☐ Diabetes
   - ☐ Arthritis
   - ☐ Heart disease (angina, congestive heart failure, heart attack or other heart problems)
   - ☐ Asthma
   - ☐ Chronic lung disease (COPD, emphysema)
   - ☐ Knee surgery
   - ☐ Hearing impairment or significant hearing loss
   - ☐ Other _____
   - ☐ Hip replacement
   - ☐ Dizziness
   - ☐ Kidney disease
   - ☐ Problems seeing
   - ☐ Incontinence
   - ☐ Osteoporosis
   - ☐ Constipation
5. Do you use any of the following? (Please check all that apply)
   - ☐ Cane
   - ☐ Walker
   - ☐ Seat lift or lift chair
   - ☐ Bath bench
   - ☐ Grab bars
   - ☐ Built up toilet seat
6. What is your annual **Household** income? (Please check one)
   - ☐ Under $5,000
   - ☐ $5,000–$9,999
   - ☐ $10,000–$14,999
   - ☐ $15,000–$24,999
   - ☐ $25,000–$34,999
   - ☐ Greater than $35,000
   - ☐ Prefer not to answer
7. What is your highest level of education? (Please check one)
   - ☐ 1st to 8th grade
   - ☐ 9th to 12th grade
   - ☐ Associates Degree
   - ☐ Some College or Trade School
   - ☐ Bachelors Degree
   - ☐ Graduate School
8. A) Does your area have exercise programs for older adults?
   - ☐ Yes
   - ☐ No
   - ☐ Don't know

   B) If yes, do you go to those programs now?
   - ☐ Yes
   - ☐ No
9. In your opinion, do you have safe places to walk?
   - ☐ Yes
   - ☐ No

   Do you walk there?
   - ☐ Yes
   - ☐ No

Eat Better & Move More

PHYSICAL ACTIVITY QUESTIONNAIRE

Name _____ID#_____Date _____

The following questions ask about your physical activity habits. *Physical activity* includes activities such as biking, walking, or other exercise, which you do to improve your health. *Regular physical activity* means physical activity at least three times a week for at least 20 minutes each time.

1. Mark the statement which best describes you:
   - ☐ I have been doing regular physical activity for *more than six months*.
   - ☐ I have been doing regular physical activity, but for *less than six months*.
   - ☐ I am not doing regular physical activity, but I intend to begin regular physical activity in the *next 30 days*.
   - ☐ I am not doing regular physical activity, but I intend to begin doing regular physical activity in the *next six months*.
   - ☐ I am not doing regular physical activity, and I do not intend to begin doing regular physical activity in the *next six months*.

2. How many city blocks or their equivalent do you normally walk each day?
   _____Blocks per day (Let 12 blocks = 1 mile)

3. What is your usual pace of walking? *(Please check one.)*
   - a. _____Casual or strolling—less than 2 mph
   - b. _____Average or normal—2 to 3 mph
   - c. _____Fairly brisk—3 to 4 mph
   - d. _____Brisk or striding—4 mph or faster

4. How many flights of stairs do you climb each day?
   _____Flights per day (Let one flight = 10 steps).

5. List any sports or recreation you have actively participated in during the past year.
   Please remember seasonal sports or events: _____

6. Which of these statements best express your view? *(Please check one.)*
   - a. _____I take enough physical activity to keep healthy
   - b. _____I ought to be more physically active
   - c. _____Don't know

7. At least once a week, do you engage in regular activity akin to brisk walking, jogging, bicycling, swimming, etc. long enough to work up a sweat, get your heart thumping, or get out of breath?
   - _____No Why not? _____
   - _____Yes How many times per week? ____ Activity: _____

8. When you are exercising in your usual fashion, how would you rate your level of exertion (degree of effort?) *(Please circle one number.)*

0	None
0.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5–6	Strong (heavy)
7–8	Very strong
9–10	Very, very strong
over 10	Maximal

9. On a usual weekday and a weekend day, how much time do you spend on the following activities? Total for each day should add to 24 hours.

	Usual Weekday Hours/Day	Usual Weekend Day Hours/Day
a) **Vigorous activity** (digging in the garden, strenuous sports, jogging, aerobic dancing, sustained swimming, brisk walking, heavy carpentry, bicycling on hills, etc.)		
b) **Moderate activity** (housework, light sports, regular walking, golf, yard work, lawn mowing, painting, repairing, light carpentry, ballroom dancing, bicycling on level, etc.)		
c) **Light activity** (office work, driving car, strolling, personal care, standing with little motion, etc.)		
d) **Sitting activity** (eating, reading, deskwork, watching TV, listening to radio, etc.)		
e) **Sleeping** or **reclining.**		
TOTAL	24 hours	24 hours

NUTRITION & HEALTH QUESTIONNAIRE

Name _____ID#_____Date _____

1. In general, would you say your **health** is
   ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
2. In general, would you say your **appetite** is
   ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
3. How many servings of **fruit** do you usually eat every day?
   (1 serving = 1 piece; 1/2 cup chopped, cooked, or canned fruit; or 3/4 cup of juice)
   ☐ 0 servings ☐ 1 serving ☐ 2 servings ☐ 3 or more servings
4. How many servings of **vegetables** do you usually eat every day?
   (1 serving = 1 cup raw leafy greens; 1/2 cup cooked or raw vegetables; or 3/4 cup juice)
   ☐ 0 servings ☐ 1 serving ☐ 2 servings ☐ 3 or more servings
5. How many servings of **whole grains** or **high fiber foods** (such as breakfast cereals like bran flakes or oatmeal, whole wheat breads, whole grain crackers, beans, brown rice) do you usually eat every day?
   (1 serving = 1 piece bread; or 1/2 cup cereal, rice, pasta).
   ☐ 0 servings ☐ 1 serving ☐ 2 servings ☐ 3 or more servings
6. How many servings of **milk, cheese, yogurt,** or **calcium rich soy products** do you usually eat every day?
   (1 serving = 1 cup or 8 ounces of milk or yogurt; or 1 slice of cheese).
   ☐ 0 servings ☐ 1 serving ☐ 2 servings ☐ 3 or more servings
7. Think about all **non-alcoholic fluids, including water** that you usually drink. How many glasses do you usually drink each day? (1 glass = 1 cup or 8 ounces)
   ☐ 0 ☐ 1–2 ☐ 3–4 ☐ 5–6 ☐ 7 or more
8. Check the following based on your abilities:
   Preparing food ☐ don't need help ☐ need some help ☐ have total difficulty
   Shopping for food ☐ don't need help ☐ need some help ☐ have total difficulty
   Getting to the grocery ☐ don't need help ☐ need some help ☐ have total difficulty
9. Think about the amount of food you eat at the congregate Nutrition Program. On the days you eat there, what portion of all the foods you eat in a day does this meal represent?
   ☐ Less than 1/3 ☐ Between 1/3 & 1/2 ☐ About 1/2 ☐ More than 1/2
10. Do you always have enough **money** or **food stamps** to buy the food you need?
    ☐ Yes ☐ No

Note: *Have the participant complete question #11 below as time permits.*

11. Check the statement which best describes you:
    - ☐ I have been eating **2–3 servings of milk, cheese, yogurt,** and **calcium-rich soy products** per day for *more than six months*.
    - ☐ I have been eating **2–3 servings of milk, cheese, yogurt,** and **calcium-rich soy products** per day, but for *less than six months*.
    - ☐ I do not eat **2–3 servings of milk, cheese, yogurt,** and **calcium-rich soy products** per day, but I intend to begin eating 2–3 serving of **milk, cheese, yogurt,** and **calcium-rich soy products** per day in the *next 30 days*.
    - ☐ I do not eat **2–3 servings of milk, cheese, yogurt,** and **calcium-rich soy products** per day, but I intend to begin eating **2–3 servings of milk, cheese, yogurt,** and **calcium-rich soy products** per day in the *next six months*.
    - ☐ I do not eat **2–3 servings of milk, cheese, yogurt,** and **calcium-rich soy products** per day, and I do not intend to begin eating **2–3 servings of milk, cheese, yogurt,** and **calcium-rich soy products** in the *next six months*
12. Please name one or two things you would like to improve during this program.

    1. _____ 2. _____

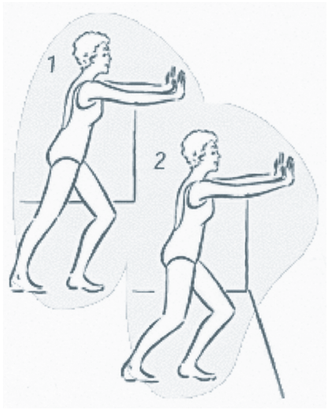
Thank you very much for your time and cooperation. Your answers are very important to us.

PARTICIPANT AT END OF PROGRAM FORM

Name _____ID#_____Date _____

1. Date of last attendance to *Eat Better & Move More* _____/_____/_____
   month day year
2. If participant left program early, please check reason:
   ☐ Moved away
   ☐ Changed mind
   ☐ Injury
   ☐ Hospitalized
   ☐ Other _____
3. Number of weeks in program _____
4. Would you recommend *Eat Better & Move More* to others?
   ☐ Yes ☐ No
5. What did you like best of *Eat Better & Move More?*
   _____
   _____
   _____
6. What did you like least of *Eat Better & Move More?*
   _____
   _____
   _____
7. Do you think *Eat Better & Move More* has helped you to eat better?
   ☐ Yes ☐ No
8. Do you think *Eat Better & Move More* has helped you to be more active?
   ☐ Yes ☐ No
9. What was the hardest part of *Eat Better & Move More?*
   ☐ Attendance
   ☐ Wearing the step counter
   ☐ Keeping track of steps
   ☐ Doing the weekly food task
10. Do you think *Eat Better & Move More* helped you to: (Check all that apply)
    ☐ Eat more fruit
    ☐ Eat more vegetables
    ☐ Eat more calcium rich foods
    ☐ Eat more fiber
    ☐ Increase your physical activity level
    ☐ Improve your walking

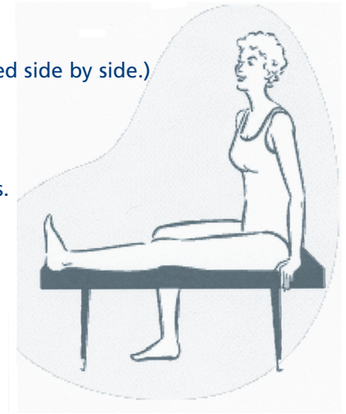
TIPS FOR STRETCHING AND MOVING



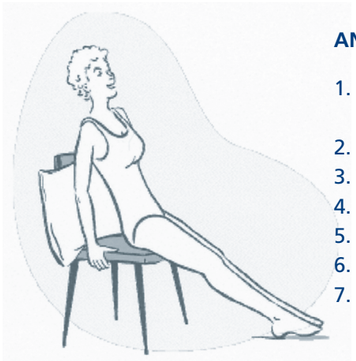
CALF STRETCH: stretches lower leg muscles in two ways, with knee straight and knee bent.

1. Stand with hands against wall, arms outstretched and elbows straight.
2. Keeping your left knee slightly bent, toes of right foot slightly turned inward, step back 1–2 feet with right leg, heel, and foot flat on floor, You should feel a mild stretch in your calf muscle. If you don't feel a stretch, move your foot farther back until you do.
3. Hold position for 10–30 seconds.
4. bend knee of right leg, keep heel and foot flat on floor.
5. Hold position for another 10–30 seconds.
6. Repeat with left leg.

HAMSTRING STRETCH: stretches muscle in the back of the thigh.



1. Sit sideways on bench or other hard surface (such as two chairs placed side by side.)
2. Keep one leg stretched out on bench. Straight, toes point up.
3. Keep other leg off of bench, with foot flat on floor.
4. Straighten back.
5. If you feel a stretch at this point, hold the position for 10-30 seconds.
6. If you don't feel a stretch, lean forward from hips (not waist) until you feel stretching in leg on bench, keeping back nd shoulder straight. **(*If you have had a hip replacement, do no lean forward at the waist.)**
7. Hold position for 10–30 seconds.
8. Repeat with other leg.
9. Repeat 3–5 times on each side.



ANKLE STRETCHES: stretches front ankle muscles.

1. Remove your shoes. Sit toward the front edge of a chair and lean back, using pillows to support your back.
2. Stretch legs out in front of you.
3. With your heels still on the floor, bend ankles to point feet toward you.
4. bend ankles to point feet away from you.
5. if you don't feel the stretch, repeat with your feet slightly off the floor.
6. Hold the position for one second.
7. Repeat 3–5 times.

CHAIR STAND: Strengthens muscles in abdomen and legs. You should try to do this exercise without using your hands as you become stronger. But when you first begin to do this exercise, you may need to use your hands.

1. Place pillow on the back of chair.
2 Sit toward front of chair, knees bent, feet flat on floor.
3. Lean back on pillows in half-reclining position. Keep your back and shoulders straight throughout exercise.
4. Raise upper body forward until sitting upright, using hands as little as possible (or not at all, if you can). Your back should no longer lean against pillows.
5. Slowly stand up, using hands as little as possible.
6. Slowly sit back down. Pause.
7. Start with 2–3, and try to progress to 8–15. This is one set.
8. Rest; then do another set.

TOE RISES: Strengthens ankle and calf muscles.

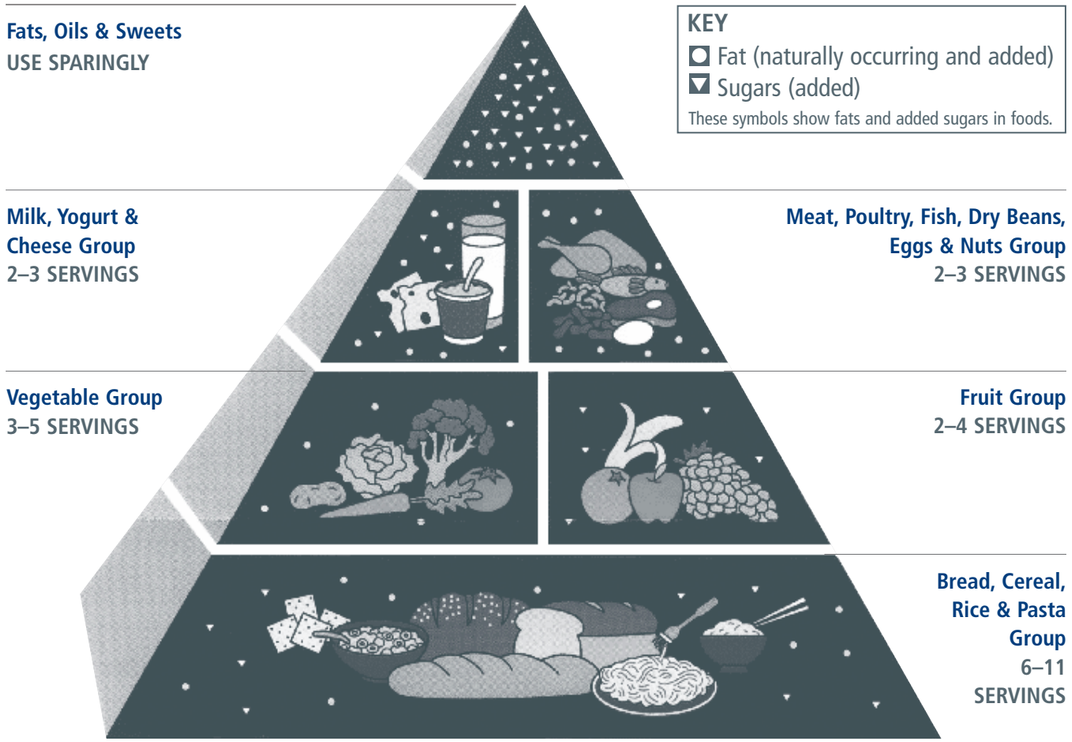
1. Stand straight, feet flat on floor, holding onto a table or chair for balance.
2. Slowly stand on tiptoe, as high as possible.
3. Hold position for one second.
4. Slowly lower heels all the way back down. Pause.
5. Do the exercise 8–15 times.
6. Rest; then do another set.

SIDE LEG RAISE: Strengthens muscles at sides of hips and thighs.

1. Stand straight, directly behind table or chair, feet slightly apart.
2. Hold onto a table or chair for balance.
3. Slowly lift one leg 6–12 inches out to side.
4. Hold position for one second.
5. Slowly lower leg. Pause.
6. Repeat with other leg.
7. Alternate legs until you have done 8–15 repetitions with each leg. This is one set.
8. Rest; then do another set of 8–15 repetitions.

Source: *Exercise: A Guide from the National Institute on Aging*, U.S. Department of Health and Human services, national Institute on Aging. To download or order a copy of the Guide and/or Video, go to: **www.niapublications.org/exercisebook/index.asp**.

Eat Better & Move More



Also available at **www.nal.usda.gov/fnic/fpyr/pyramid.html**

WEEK 1

gpra.net/pompIV/CM4Survey.pdf. AoA Performance Outcomes Measures Nutrition Survey.
www.barc.usda.gov/bhnrc/foodsurvey/pdf/dhks.pdf Diet and Health Knowledge Survey.
147.208.9.133/Default.asp USDA; interactive Healthy Eating Index; Enter foods eaten in 24-hrs to find diet score.

WEEK 2

pedometer.com/ Pedometer.com; Question & Answers.
presidentschallenge.org/home_seniors.aspx President's Challenge for Seniors.

WEEK 3

5aday.gov/ National Cancer Institute; importance of eating 5+ fruits & vegetables daily.
healthyfood.org/ American Frozen Food Institute; Frozen fruits, vegetables, juices help meet 5-a-Day goal by having nutritious foods always on hand.
www.cnpp.usda.gov/Pubs/Brochures/FabFruits-screen.pdf USDA practical tips.

WEEK 4

5aday.com/ Produce for Better Health Foundation; eat your colors every day to stay healthy & fit; focuses on colorful fruits, vegetables.
Ohioline.osu.edu/ss-fact/pdf/0171.pdf OSU Extension; Stretching, Flexibility as we age.

WEEK 5

3aday.org/ National Dairy Association; Power of 3 planner, recipes, tips for adding more milk, cheese, yogurt to your diet.
cfsan.fda.gov/~dms/foodlab.html Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels.
hydrationinfo.com/ Question & Answers.

WEEK 6

nof.org/osteoporosis/index.htm National Osteoporosis Foundation; regularly updated.
cfsan.fda.gov/~dms/flquiz1.html FDA interactive site, click on food packages to read labels; topics covered: fiber, sodium, calcium, and calories.

WEEK 7

usda.gov/cnpp/Pubs/Brochures/GrainTrainPamphlet.pdf 6 page, printable brochure Get on the Grain Train.
ext.vt.edu/pubs/nutrition/348-050/348-050.html#L2 VA Cooperative Extension; Fiber quiz.

WEEK 8

mckinley.uiuc.edu/Handouts/highfiber/hifiber.html University of IL; Question & Answers.

WEEK 9

usda.gov/cnpp/Pubs/Brochures/HowMuchAreYouEating.pdf 6 page, printable brochure How Much Are You Eating?
fns.usda.gov/tn/Resources/Nibbles/servingsize_poster.pdf What size is your serving?

WEEK 10

health.gov/dietaryGuidelines/USDA; Download PDF files of Dietary Guidelines for Americans, order booklets, pamphlets.

WEEK 11

http://www.nal.usda.gov/fnic/Fpyr/pyramID.html USDA; PDF files of Food Guide Pyramid Booklet.

WEEKLY & GENERAL RESOURCES

GENERAL RESOURCES

www.aoa.gov/youcan information about the *You Can! Steps to Healthier Aging* campaign.
HealthierUS.gov *Steps to a HealthierUS*; USDHHS; advances President's goal of helping Americans live longer, better, healthier lives.
Fitness.gov President's Council on Physical Fitness and Sports; fitness promotion activities; comprehensive resource for Council's awards programs.
Nutrition.gov Information on nutrition, healthy eating, food safety; helps the public make the right choices in efforts to curb obesity and other food related diseases.
Prevent.org Partnership for Prevention; creating communities for active aging; guide to promote walking, biking; descriptions of programs, evaluation methods.
Healthyaging.net Healthy Aging(r) Campaign by Educational Television Network, Inc; opportunities to help spread the word about successful aging; tips, techniques.
NCPAD.org National Center on Physical Activity & Disability; Information, resources to enable people with disabilities to be active.
50plus.org Fifty-Plus Fitness Assoc; Stanford University; newsletter, books, vIDeos, "fun runs."
RWJF.org/publications/publicationsPdfs/Age50_Blueprint_singlepages.pdf National Blueprint on Physical Activity Among Adults Age 50 and Older.
Healthfinder.gov Links to 1700+ health-related government agencies & not-for-profits; many online checkups; daily health news in English, Spanish.
Recreation.gov Land management agency information about all federal recreation areas by state, recreational activity, agency, map.
4woman.gov National Women's Health Information Center; gateway to women's health information by federal, private agencies; over 800 topics.
cdc.gov/nccdphp/dnpa/about.htm National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity.
americaonthemove.org/ America on the Move; increase physical activity and improve health—without changing much of what you do every day
ICAA.cc/ International Council on Active Aging; uniting professionals in retirement, assisted living, fitness, rehabilitation, and wellness fields.
ACSM.org/health%2Bfitness/activeaging.htm American College of Sports Medicine's Active Aging Partnership and the Strategic Health Initiative on Aging.
ACSM-msse.org/ Click on Position Stands; go to July 1998; ACSM Position Stand on Exercise and Physical Activity for Older Adults. *Med Sci Sports Exerc.* 1998;30:992-1008.
www.cc.nih.gov/ccc/supplements/ NIH Facts about dietary supplements
www.fda.gov/opacom/lowlit/eatage.html FDA Q & A. barriers to eating better & solutions.

FOR OLDER ADULTS:

www.nihseniorhealth.gov/exercise/toc.html National Inst on Aging; Exercise for Older Adults.
healthandage.com Novartis Foundation for Gerontology, "Tools" are interactive calculators.
www.cdc.gov/nccdphp/exemplary/index.htm Exemplary State Programs to Prevent Chronic Disease and Promote Health, Winter 2000.
who.int/hpr/ageing/publications.htm#Active%20 Ageing World Health Organization access to Active Aging publications.

PROBLEM SOLVING & OVERCOMING BARRIERS

Program participants may face a number of problems and barriers as they try to *Eat Better & Move More*. What follows are some possible responses that program leaders can use to meet these concerns.

GETTING STARTED

Start with goals that you are sure you can do and that are easy to manage. You may also want to try some of these tips to help you plan for action:

- Decide to join a community program;
- Tell your family and friends about your plans to *Eat Better & Move More;*
- Post your Tips & Tasks each week where you'll see them often;
- Plan a time early in your day to *Eat Better & Move More;*
- Mark your calendar for the days your walking club meets and check it daily;
- Plan ahead what you'll do to *Eat Better & Move More* based on this week's Tips & Tasks Sheet;
- Remind yourself that it's worth a little effort. You'll feel less tired and have more energy;
- Join a group activity or class in your local area;
- Give yourself credit by recording your progress;
- Ask a buddy to join you on your walks or to call to remind you to eat better.

What else can help you plan for action? It may be a simple matter of adding one or two of your preferred fruits and vegetables to the shopping list. Or try keeping a pair of walking shoes on hand.

FINDING THE TIME

If finding the time is a special challenge for you, you're not alone. It may help to think of some ways that you can squeeze some time into your busy schedule. Try writing down the ways you spent time yesterday and noting how you can make some small changes to find a little time to *Eat Better & Move More.* Start by setting aside 10 minutes that you can dedicate to reach a nutrition or physical activity goal. If you like to socialize, consider sharing a fruit snack or a walk with a friend. If you participate in activities in your community, religious community or a senior center, consider joining their walking, hiking, or dancing programs and discussions about nutrition.

SLIP UPS

Another frequent problem is how to address slip-ups. Just as in other areas of life, slip-ups are expected because to "err is human." Accepting slip-ups as expected may make it easier to get back on track. It may help to remind yourself that today is an opportunity to begin anew.

STRESS

Stress can be a trigger for getting off track in reaching nutrition and physical activity goals. Learn to handle stress by becoming aware of those things that cause you stress and by practicing time management skills and relaxation techniques. Try listing the things that cause you the most stress, then identify those things you can change. For example, you might locate services to help you take care of a parent or older relative such as an adult day center in your community. Make time to relax for 15 minutes or more a day, for example, by taking a walk.

MAKING A PLAN FOR IMPROVING FOOD CHOICES

Small actions make a difference when improving food choices. It will help to think ahead. Make one change at a time and pick which meal or time of day you'll make this change. You may want to ask a friend to discuss your progress.

Also, it's important to think ahead about how you make good on your dietary goals. How will you handle food shopping, eating out, and snacking? For instance, think ahead about foods you want to keep on hand and add them to your shopping list.

MAKING A PLAN FOR INCREASING PHYSICAL ACTIVITY

The physical activity tips cover a range of topics that older Americans often ask about when planning to boost their physical activity.

You're never too old to be more physically active.

Physical activity isn't just for older adults in the younger age range. Research shows that physical activity can improve the health of people who are 90 years and older, who are frail, and have ailments. Studies show that *not* being physically active is risky. Pick a type of activity you enjoy and the time of day. Consider whether you want company and find places to be active in all kinds of weather. Walking is a safe way to increase your physical activity. Wear a step counter to track your steps each day.

Is it safe to become more physically active?

Most older adults can improve their health and independence through physical activity no matter their age or condition. According to the National Institute on Aging, research shows that exercise can improve some chronic ailments in many older persons as long as it is done when the condition is under control.

When do I need to see a doctor?

Most adults do not need to see their health care provider before starting to walk more. However, if you are planning to start a vigorous activity plan and have one or more of the conditions below, consult your health care provider:

- Chronic health problem such as heart disease, hypertension, diabetes, osteoporosis, or obesity.
- High risk for heart disease;
- Over age 40 for men or 50 for women.

Chronic conditions are common in older adults. These include diabetes, heart disease, high blood pressure, and arthritis. According to the Centers for Disease Control and Prevention, experts advise that people with chronic diseases, such as a heart condition, arthritis, diabetes, or high blood pressure, should talk to their doctor about the types and amounts of physical activity. If you have symptoms that could be due to a chronic disease, you should have them assessed, whether you are active or not. Symptoms of particular importance include chest pain, loss of balance, dizziness, or passing out.

Four ways to be more physically active

Four types of activities can help older adults gain health benefits:

1. Endurance exercises that increase your breathing and heart rate.
2. Strength exercises that build your muscles and give you strength to do things on your own.
3. Balance exercises help prevent falls.
4. Flexibility exercises help keep your body limber.

The booklet *Exercise: A Guide from the National Institute on Aging* contains information about these four types of activity. See the Resource List for more information.

Choose physical activities that you enjoy

Choose a physical activity that you enjoy. Take a walk, hike, dance, bike, or swim as just a few options. You don't have to choose a grueling routine. Being more physically active can mean fun, family, and friends. Walk with a neighbor, child, spouse, or friend if you like company. Or go with a group at a local recreation center, senior center, mall, or park to make it a social event.

How to keep going

Record and notice your progress. Don't get discouraged if progress is slight. Progress is multiplied many times over as you make small changes each day.

There may be times when you need extra motivation. Leveling-off periods are normal and may signal that it's time to get help from others.

Look back at the tips on planning ahead and see if you're ready to make new ways to help you succeed. Talk with family, friends, nutrition program volunteers, and health experts about problems you're having and seek advice and support.

Remember how good you've felt when you've met your goals in the past. Affirm that it's worth a little effort.

Renew your commitment to get to the Older Americans Act Nutrition Program near you as often as possible as a way to help you *Eat Better & Move More.*

PROGRAM EVALUATION: MEASURING OUTCOMES

Why measure outcomes?

Everyone is asking for evidence that dollars spent make a difference and benefit people. Therefore, service providers, governments, private funders, and the public are interested in how effective your program is. Users of services and volunteers want to know that their time is well spent. By conducting evaluations, we show how *Eat Better & Move More* promotes healthier aging and prolongs independence in older Americans. Program evaluation also helps us customize *Eat Better & Move More* to the specific needs of the older adults we serve. Feedback from participants helps us create better plans, activities, and tools.

Program evaluation will help us to:

- Track successes & challenges
- Improve quality & performance of the *Eat Better & Move More* Program
- Document local program effectiveness & timeliness
- Identify problems of older adults
- Justify increased funding for more services
- Add effective programming that attracts more clients
- Increase marketability with real-life data on older adults
- Effect of nutrition & physical activity on
  - > Functional status
  - > Physical fitness, muscle strength, flexibility, balance
  - > Body mass index—weight in relation to height
  - > Risk for obesity, heart disease, diabetes
  - > Quality of life, appetite, mental health.

If you plan to conduct a program evaluation, a variety of data collection tools, not included in this Guidebook, are available at: **www.fiu.edu/~nutreldr**